

Bulk Up at Breakfast | Get Your Back Jacked

YOU  
IMPROVED!

# Men's Health

SPEED SHRED PLAN

**STRONG  
LEAN  
FAST!**

3 WEEKS, 5 MOVES,  
NO SWEAT

P.92

**80**

BEST FOODS  
FOR MEN, P.44

What the Sexiest  
Pinay Athletes Want!



**LAUGH HARD  
LIVE LONG**

P. 54

**BIGGER  
BICEPS  
NOW!**

P. 96

*The MHGuy  
**SAMYG**  
"Everyday  
you are  
given the  
chance to be  
the best  
version of  
yourself"*

**Tasty!**

**EAT LIKE  
A MAN**

(LOOK LIKE A GOD)

MANILA'S  
HEALTHIEST  
RESTAURANTS

SLIM DOWN  
WITH SEAWEED



JULY 2015 #MHPH10  
ISSN 8080-2737



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# WHEELS

FEATURES / COVER STORIES

## 07.15

### Sam YG

#### Race Ready

Unearthing a latent love for speed, Sam YG has run-over bumps on the road to becoming a champion

BY ANTON D. UMALI

PAGE 18

Photograph by XANDER ANGELES

## 32

#### Hear Today, Gone Tomorrow

Save your hearing with these tips

BY MAAN D'ASIS PAMARAN

## 49

#### Manila's Healthiest Restaurants

Avoid common dining pitfalls and navigate the ever-growing restaurant landscape like a boss

BY GABRIEL A. PANGALANGAN AND PAUL KITA

## 64

#### Splurge Smart

Affordable luxuries for all

BY MA. GLAIZA LEE, ANDY LEUTERIO, AND DIANA UY

## 71

#### Maong Madness

Get crazy-stylish with these head-to-toe denim duds

BY AMADOR R. MADAMBA



HEALTH, SEX,  
STYLE & MORE

**12 The Truth About Skipping Breakfast**  
Spoiler alert: Don't

**28 Take-off to Pleasure**  
Tear out this page, laminate it, and stow it away in your bedside table. Just in case.  
BY ENRICO MIGUEL T. SUBIDO

**37 Killer Karaoke**  
Slay the mic with these fun, date-friendly tracks  
BY MELISSA G. BAGAMASBAD

**42 Slim Down With Seaweed**  
Because quinoa, kale, and ramen are just SO 2014. Get with the latest food trends, gents  
BY ANNA FELIPE

**54 Laugh Hard, Live Long**  
So, an American, a Japanese, a Korean, and a Filipino were in a boat when it suddenly began to sink...  
BY ENRICO MIGUEL T. SUBIDO

**80 KODO-tastic**  
Get behind the wheel of the new Mazda 3 and feel the soul of motion  
BY WAYNE JOSEPH TULIO

**90 Get Your Back Jacked**  
Five moves to build bulging traps  
BY FERDINAND MANABAT

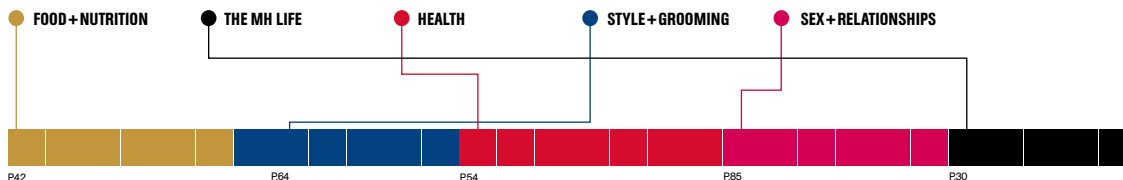
**98 Power Through Doubt**  
Mark "The Filipino Wrecking Machine" Muñoz silences the naysayers  
BY WAYNE JOSEPH TULIO



**ON THE COVER** Sam YG  
Photograph by Xander Angeles  
Styling by Amador R. Madamba  
Grooming by Elaine Genuelas



THIS MONTH: TRENDY EATS, BE BATTLE READY, FIT CHICKS, CARE FOR YOUR KICKS, LOL TO LIVE, KEEP COOKING





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# Men'sHealth From the Staff



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## Girl Power

*"Ano ba yang anak mo, kung tumakbo parang babae!"* On any given day, the person who seemingly disrespects my son that way would be missing two front teeth by now. (Or I would be writing this in the hospital, thanks to my non-existent fighting skills.) But on this occasion, that person's dentures remain complete (or my bones remain intact) for three reasons: It was spoken by a woman who recently became a senior citizen; it was my mother; and she was really paying her grandson a compliment.

The entire explanation is wrapped in eight scorching pages of "The Finest of the Fittest." But here's the gist: Research shows that women outwork men, they're better coordinated, and they have higher pain thresholds—hello childbirth and monthly periods (sorry for the mental image). You lift heavy, bro. But the fit and hot athletes you see on p.56 serve proof that you don't necessarily have to lift big to get the body you want. One rule to lift by is to always train smart.

Another rule (something our mothers keep telling us, too): Never skip breakfast, especially if you treasure the gains you trained so hard for in the gym. You save time, yes, but you lose precious muscle and may even tend to add belly fat. Heed the tips on how to bulk up at breakfast on p.93.

Lastly, because I'd hate to take much of your time away from the many treats that await you in this issue, MH Woman Ashley Rivera has this to say: *"Huwag kang magpakamatay sa gym..."* Your muscles develop more when they have time to rest." Spoken like a true trainer—which, if you'll read on p.85, is something she intends to be.

Allow me, then, to paraphrase Queen B in asking, "Who run the world, the gym included?" The answer is pretty obvious. Go run like a girl now, don't be shy. My son isn't. And heck, there's really no reason we should be.

## Omar

### This Month on *Men'sHealth.PH*

● Exclusive! Behind-The-Scenes look from our photoshoot with MH Women Maika Tanpoco, Natasha Alquiros, and Cassie Umali

● The Fittest Things You Should Be Doing Every Single Day

● Burn, Baby, Burn: A Metabolism-Boosting Workout from Coach Chappy Callanta



**E**very guy has his own personal grooming items. It's a set of decisions that we all have to make ourselves: what do I use to take care of myself? What am I stashing in my bathroom cabinet? It differs for everyone, and is a personal matter in its own way. But despite our individual predilections when it comes to our grooming loadouts, there are specific items that a man just can't do without. Here are a few of the more important things to keep at all times, and how you should be using them.

### 1. A GOOD, CLEAN TOOTHBRUSH

When's the last time you swapped your toothbrush out? It's one of those things that's easy to neglect, but it's an incredibly important oral hygiene practice to replace your toothbrush. The generally agreeable rotation is every three months, but that can change depending on your own dental health and the environment in your bathroom. It's always best to assess your toothbrush yourself: are the bristles fraying? Is there any residue that won't easily come off?

### 2. A HARD-WORKING, ALL-OVER BODY WASH

It's always good to keep a clean-it-all body wash in your bathroom. Kojie San Body Wash cleanses and takes off dirt without drying the skin, and is infused with natural whitening and moisturizing ingredients that help to keep an even skin tone. It also has an extra nourishing effect for supple, healthy and smooth skin, as well as ingredients that prevent body odor. It's a venerable swiss knife of a body wash, and it deserves a spot in any guy's bath caddy.

### 3. AN EMERGENCY FACIAL WASH

Face it (pun intended): Even guys blessed with clear skin need a little help some days.

When you're stressed out or unable to maintain a healthy diet, acne can still strike. It's always important to keep at least one good facial scrub at the ready. Kojie San Facial Wash has kojic acid and active ingredients to keep your face fresh, even on bad days.

### 4. A HANDSOME COLOGNE

If you're the type of guy that likes to put on a little cologne or fragrance, don't hesitate. But it's best to pick out a signature smell and commit to it, rather than always switching. Also, make sure to apply just the right amount. You don't want your scent to be overpowering.

### 6. A SMOOTH, SENSIBLE LOTION

Go the extra mile for your skin. Guys need to keep lotion handy as well because dry, chapped skin can lead to unwanted cuts and irritations. Keep Kojie San Body Lotion in your list of essentials. It's a light, velvety lotion that contains CellActive-Men, a complex active ingredient that helps restore natural skin elasticity. It also accelerates the healing of micro cuts after shaving. Kojie San Body Lotion is also combined with LARICYL active to keep skin supple and healthy.

### 7. SOAP THAT TAKES CARE OF YOUR SKIN

Whether or not you have sensitive skin, it pays to be vigilant. Use Kojie San Whitening Soap to revitalize your skin and leave you looking fresher and brighter all over. It's loaded with Kojic Acid, Glycolic Acid and a Potassium Azelaoyl Diglycinate derivative in combination with Pea Extract and Shea Butter. Chemical and botanical components work together to help restore and protect your skin, keeping it softer, smoother, and healthier. Kojie San Whitening Soap does more than just whiten your skin. It's an all-around grooming essential.



# Down With The Fundamentals

Is your grooming loadout up to scratch? Keep a stock of these essentials to keep you clean, fresh, and suave all day

## THE LINE UP

Keep these essentials in your roster at all times!

#### WHITENING SOAP



Natural ingredients in Kojie San Whitening Soap help restore clear, smooth skin

#### BODY LOTION



Contains CellActive-Men, which restores skin elasticity and heals small cuts after shaving

#### FACIAL WASH



A facial scrub that contains kojic acid, keeping skin bright and free of oil

#### BODY WASH



A nourishing lather that keeps skin supple and healthy while also fighting body odor



kojie • san | men  
preserve mankind.



# Our Readers Fire Back...

## Off the MH Wall:

We asked what your favorite fitness or sports-related movie scene is. Here's what we got from you guys



Rocky's snow training in *Rocky 4!*  
Robert Tengco

One movie: *Coach Carter*  
Joseph Hernandez

The mind f\*ck that is *Moneyball*  
Gray Rizalino



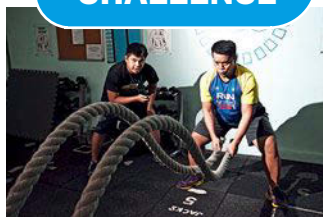
The final fight in *Blood Sport!*  
Don Julio

The "Inches" speech by Al Pacino on *Any Given Sunday*. Better than 'roids  
Omar Belo



The drama of *Blue Chips!*  
Bong Olaso

## READY FOR A CHALLENGE



Hey guys! I saw your feature on the MH Reboot Challenge. I am curious as to when your next one would be, and how I can join that. I think this is perfect for someone like me who works on the night shift.

-Arvin Barandino Camiña, via Facebook

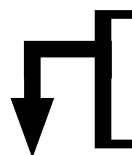
A new challenge should be coming soon. Always log on to [MensHealth.ph](http://MensHealth.ph) for announcements. -Eds

## ROOTING FOR POTENTIAL COVER GUYS

Hey @MenshealthPH, they got the gold, now will you put the Philippine Volcanoes on the cover? Please?

-Aria Gil via Twitter

## LOVING YOGA



I enjoyed the yoga story featuring Bianca King! It's about time men include yoga in their fitness routines. And what better way to share that than with a babe like Ms. King. Inhale. Exhale.

-Jess Pizzaro Boga via Facebook

## COMBINE HIGH

Nothing like a high-intensity interval session to keep an endurance athlete honest. Ouch. Thanks @MenshealthPH for the invite to the #MHTrainingCombine

-Noelle De Guzman via Twitter

## PROPS FROM OUR HERO

Check out the May issue of @menshealthph! Honored to be featured alongside Manny Pacquiao, Jimmy Alapag, and Mark Sangiao!

-Daniel Caluag via Instagram

The honor is ours, sir! Thanks for bringing the country pride in BMX racing! -Eds

## Next Month on Men's Health

### MH SPECIAL

#### What's Your Man Score?

Find out how you stack up against our test

### FITNESS

#### Pain Free Strength

The secret lies in how you breathe

### NUTRITION

#### Protein in a Wrap

A fuss-free way of getting your much-needed nutrients

### MUSE

#### Roll With Her

Let this JiuJitsu champ show you the tricks to catching her eye at the gym



# LETTERS!

## WHAT WILL MAKE ME STRONGER: KETTLEBELLS OR DUMBBELLS?

Ivan, via e-mail

LIFT THIS!

### CHOOSE WISELY

Each bell has  
specific benefits

**T**he two differ in their ability to build strength. A new study from California State University found that **free weights built greater lower-body strength than kettlebells do, but that upper-body gains were similar.** But you really can't go wrong with either. "The main difference between kettlebells and dumbbells is the option to do swinging motion exercises," says Sergey Rudnev, Russian kettlebell expert and president of the International Kettlebell Sport & Fitness Academy. "You can do all dumbbell exercises with kettlebells, but swinging motion exercises are best with kettlebells."



43%

Portion of patients who would withhold medical information from a health care provider  
Source: *Journal of General Internal Medicine*

Men'sHealth

ALERTS!

HEALTH

DON'T  
POP A  
NERVE!

## IS CRACKING MY KNUCKLES A BADASS MOVE?

Glen, via e-mail

**M**ore like a bad move, bro. "Manipulation of joints can cause little traumas that may lead to nerve damage and neuropathy," warns Gio Barangan, M.D., medical director of Merck, Inc. in the Philippines and Hong Kong. It may seem like a harmless habit now, but it could yield bigger problems down the road. That's why Barangan suggests you drop this tough guy antic ASAP. "Re-learn not to do these things. Within 10 years, it can also lead to arthritis and even fractures."

OH SNAP!  
Be sure to drop  
this bad habit

## OIL UP YOUR GRILLE

Do it in the kitchen—oral care, that is. Swishing sesame oil can prevent plaque build-up and gingivitis as effectively as chlorhexidine mouthwash does, according to a study in the *Indian Journal of Dental Research*. The logic: Oral bacteria contain fats that latch on to the oil, pulling the bugs out of your mouth when you spit into the sink. "This method can decrease the amount of bacteria in your mouth, but note that it can't be a substitute for brushing and flossing," says Ana Nadela, D.M.D., of the Nirvana Dental Clinic in Quezon City. Oil swishing can be a form of maintenance, but it isn't a cure for existing gum problems, she adds.

## CANCER LIKES YOUR TYPE

When is an A an F? When **a man's blood type increases his cancer risk**. A study recently published in *BMC Medicine* found that people with blood type A, AB, or B were 55 percent more likely to develop stomach cancer than those with type O. Study author Arash Etemadi, M.D., Ph.D., explains that people with non-O blood tend to have a different inflammatory response to the stomach bug *H. pylori*, resulting in an increased risk of stomach cancer. Fight back with fitness: Research also shows that moderate exercise can slash your risk of the disease in half.





# Get Pumped for PARKOUR!

Parkour, originating from France, combines jumping skills with walking, running, and acrobatics to get you from one place to another quickly and more efficiently. It involves seeing the environment in a new way and imagining the possibilities of navigating it. Parkour is usually, but not exclusively, done outdoors.

For beginners and budding enthusiasts, get pumped up with basic parkour exercises and condition your body before getting out and about. For even better results, combine your workouts with delicious recipes that give you that much needed energy. Nutritious dishes made with Sapporo noodles are the best alternative to your usual rice meals. Pair them with lean chicken or beef to power through your parkour training!



## 1. Lunges

Use your left foot and take a big step forward. Sink straight down so that your front knee is over your shoe and your right leg is pointing down. Push back to starting position. (Repeat 10x per set.)



## 2. Bear crawl

Place your hands and toes on the ground with your hips in the air. Move one leg and the opposite arm forward, and then switch by moving your other leg and opposite arm forward. Make sure to keep your hips high and back flat. (Repeat 10x per set.)



## 3. Push-ups

Place your body face down with your palms on the floor and keep your feet together. Space out your arms so that they are about shoulder-width apart. Raise your body using your arms, with weight supported by your hands and the balls of your feet. Your body should be in a straight line, contracting your abdominals to keep your hips from sagging. Push down back into starting position. (Repeat 10x per set.)



## 4. Broad jumps

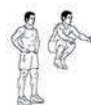
Stand with heels under the hips, then squat down several inches with your hands in front. Explosively jump up and forward, and land softly with your feet under your hips. (Repeat 10x per set.)



## 5. Squats

Plant your feet flat on the floor, shoulder-width apart. Never let your knees extend beyond your toes to prevent injury. Keep them in line with your toes. Lower your upper body down so that your upper legs are nearly

parallel with the floor. You can also extend your arms forward for balance. Push your body back up to standing position. (Repeat 20x per set.)



## 6. Jump knee-tucks

Stand on an even surface then jump, tucking your knees as close to your chest as you can. Straighten out before you land, and repeat 10x per set.



## 7. Wall dips

Find an even and elevated surface then place your arms shoulder-width apart over it. Slowly lower your body and contract your arms (similar to a push-up). Keep your feet off the ground for better power and resistance. Push your body back up and repeat 10x per set.



## 8. Plant plyos

Stand about 18-inches away from the surface you wish to ascend. It should be between thigh and waist high. Place your palms flat on the surface, spread your arms shoulder-width apart. Quickly push down with your hands and explode with your chest while simultaneously jumping your feet upward. Land with your feet between your hands, and complete the movement by standing up. (Repeat 10x per set.)

Level 1: 3 sets

Level 2: 5 sets

Level 3: 7 sets

Rests between sets: up to 2 minutes

## FILIPINO STYLE-CHICKEN TERIYAKI WITH STIR-FRY VERMICELLI NOODLES

### Ingredients:

• 500 grams Chicken Thigh Fillet, skin-on, rinsed

### Teriyaki Sauce:

• 8 tablespoons Japanese soy sauce

• 2 tablespoons Sake, rice wine

• 4 tablespoons Water

• 1 tablespoon Brown Sugar

• 4 tablespoons Granulated White sugar

• 1 1/2 teaspoons Garlic, finely chopped

• 1 1/2 teaspoons Ginger, grated

### Stir-Fry Vermicelli Noodles:

• 200 grams Sapporo Vermicelli Noodles

• 1 liter Boiling Water

• 1 tablespoon Sesame Oil

• 250 grams Snow Peas, strings removed

• 200 grams Red Cabbage, shredded

• 1 teaspoon Garlic, finely chopped

• 1 tablespoon Hoisin Sauce

• 1 tablespoon Light Soy Sauce

• 2 tablespoons Water

• Freshly Ground Black Pepper

• Sesame Seeds, optional

### Procedure:

1. Start with the teriyaki-sauce marinade. Combine all the ingredients in a bowl and stir until everything is well combined, and the sugar has been dissolved.

2. Once the chicken has been rinsed and cleaned, place the chicken in a bowl with the teriyaki marinade. Chill in the fridge and marinate for one hour to three hours.

3. Meanwhile, start cooking the vermicelli noodles. Place the noodles in a large heatproof bowl. Cover with boiling water and set aside for 3-5 minutes to soak. Use fork to separate. Drain and set aside.

4. Heat the oil in a large wok over medium-high heat. Add the garlic and red cabbage to the wok and stir-fry for 2 minutes. Add water, hoisin sauce, light soy sauce and water and cook for 1-2 minutes.

5. Put the snow peas and cook for another minute or until the snow peas becomes bright green and tender crisp.

6. Add the noodles, and toss until well combined and heated through. Divide among serving plates. Keep in warm temperature and set aside.

7. For the chicken teriyaki, drain and reserve the marinade.

8. Heat the grill over high heat and grease with oil. Grill the chicken thigh fillet for 5 minutes on both sides. Brush the chicken fillet with marinade from time to time, to prevent from having dry-texture. Turn the grill to medium heat in the middle of cooking period to avoid overcooking the chicken.

9. Place the chicken thigh on top of the stir-fry noodles and sprinkle some sesame seeds for garnish.



Be sure to check out the different dishes you can make by visiting [www.sapporoproducts.com](http://www.sapporoproducts.com).



# 97%

Percentage of single women who say a man's sense of humor is as important as his physical attractiveness  
Source: Match's Singles in America Study

# Men'sHealth ALERTS!

# SEX

## ALL ABOUT THE BASS

If Anne Curtis had the baritone voice of Shaquille O'Neal, would you still want to go out with her? Well, yes (and buy noise-canceling earphones while you're at it), but let's be real: A woman's voice can make her more attractive. In fact, going for women with childlike voices is an evolutionary cue to copulate. Because women's voices deepen with age, a high-pitched tone indicates to men that a woman is young and in peak form, says Greg Bryant, Ph.D., an associate professor of communication studies at UCLA. So should you go for the babe with the chirpiest voice in the room? Not necessarily: There's a thin line between adorable and annoying.



## DON'T ACT YOUR AGE

She may go gaga over you if you try some baby talk, but only when directed at an actual baby. Women in a French study were 28 percent more likely to give their number to a guy if he cooed over someone's infant. One possible reason: The nurturing image could be appealing to women, says Felipe Jicano, assistant professor at the UP Diliman Department of Anthropology. "Men who act protective towards kids can be especially appealing, especially if he's single. He comes off as potential dad material."

# ANY TIPS FOR A SMOOTH "BACKDOOR" ENTRY?

Jan, via e-mail

**A**bout half of all men and women have attempted anal sex, according to a *US Sexual Health* survey from Indiana University's Kinsey Institute. However, it hasn't been smooth sailing for everyone. Why? Lack of practice. **"Anal sex is a very erotic sexual experience, but it can't be done without proper training,"** says Eleanor Leung, founder of the Pleasure Place, a sexuality boutique with branches in Metro Manila and Boracay. Also, give your lady some quality alone time. "Your partner has to learn how to relax the two tight sphincter muscles that sit in the anal passage. Ask her to practice by penetrating herself so she can find a rhythm and breathing pattern."

IN A.I.'S WORDS:  
We talkin' bout practice

UNLOCK  
THIS  
DOOR



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Jackie Rice  
Robust Brand Ambassador

Source: available upon request.

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23%

Segment of the US adult population who eat vegetables less than once a day  
Source: CDC

Men's Health

ALERTS!

NUTRITION

## FAST FOOD CHAINED

Don't be a slave to your cravings. According to the University of Michigan, **highly processed food (most especially chocolate, pizza, and French fries) can be linked to addictive eating.** Studies show that highly processed foods, or foods with added fat or refined carbohydrates (like white flour and sugar), can trigger addictive-like eating behavior. Refined carbohydrates with no added fat (like brown rice and salmon) didn't have such effects. "Eating fast food releases feel-good chemicals called dopamine, which the brain interprets as pleasure," says Lee. To break free from fast food addiction, Lee suggests you go for homemade meals made from natural and whole ingredients.

HAVE A  
MCRECOVERY  
MEAL



A new study published in the *International Journal of Sport Nutrition and Exercise Metabolism* suggests that **fast food is just as effective as sports drinks when it comes to post-workout recovery.** What sorcery is this, you ask? "Our study results show that eating fast food—in the right amounts—can provide the same potential for muscle glycogen as sports nutrition products that usually cost more," says the study author. Here's the catch: Participants in the study only ate small amounts of fast food, not whole meals. Best to drop the fries and soda, gents.

**BEAT THE BINGE**  
Prevention is the best solution

# CAN I OFFSET A MISSED BREAKFAST WITH A BIG LUNCH?

Greg, via e-mail

**S**orry, buddy, but flexi-time doesn't apply to breakfast. "Having a heavy lunch is actually the consequence of missing the most important meal of the day," says Lauren Gayle Lee, R.N.D., in-house nutritionist at Gold's Gym Katipunan. When you skip breakfast, you miss your chance to refuel your body and replenish your glycogen storage, which supplies your muscles with immediate energy. Additionally, you boost your risk of heart disease by 27 percent if you skip this meal everyday, according to the *Journal of American Cardiology*. Lee's advice: Grab a balanced breakfast high in fiber and low in fat to avoid the lunch break binge.

**BREAK  
THE FAST**

PHOTOGRAPH BY GETTY IMAGES



# 39%

Reduction in injury of runners who rotate between at least two pairs of shoes as opposed to using just one  
Source: *Scandinavian Journal of Medicine and Science in Sports*

Men'sHealth

# ALERTS!

FITNESS



**ROCK SOLID**  
Build arms like these

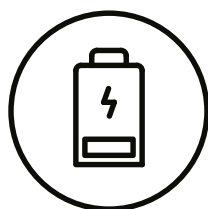
## I WANT GUNS LIKE THE ROCK'S, KAYA BA?

Danny, via e-mail

**M**ake sure you get a good pump. According to a recent *Strength and Conditioning Journal* review, the "pump"—muscle swelling caused by increased bloodflow—may build more mass as "your cells adapt to the extra pressure by reinforcing the structure." Try this for bigger guns: **Go heavy on standing alternating bicep curls then do a drop set** (lifting a weight until failure, then moving on to a lighter weight until failure as well). This strikes a balance between strength and size, says Brandon Cueto, former Philippine Powerlifting Team member and Asian Games junior division gold medalist.

## SUCK LESS AT THE GYM

Breathing in some dude's BO is bad enough, but new evidence from Portugal shows that **your gym may be swarming with sickening air pollutants.** Researchers found that 82 percent of the fitness centers tested had elevated levels of volatile organic compounds, including formaldehyde. VOCs can cause upper respiratory irritation and cancer. The combination of an enclosed space and heavy breathing means there's less clean air available to dilute indoor pollutants, says study author Carla Ramos. So take a sniff: Unless you detect a stale or chemical smell, your gym is probably fine. Still worried? Don't go during group classes or when the cleaning crew is at work; that's when the air quality is at its worst, warns Ramos.



## DIG DEEPER

Give it your all, and then some. **You may have more in the tank than you think**, reveals a Michigan Technological University study. Cyclists who pedaled to exhaustion, recovered for three minutes or so, and began riding again generated the same power as when they were fresh. People have a reserve capacity, says study author Steven

Elmer, Ph.D. To tap it, focus on your pedaling, not your suffering. Count each revolution on one leg and then the other, switching sides every time you reach 10.

Another tip when you hit the wall: Lower your gear, expect to slow down, and try not to struggle in finding your rhythm, advises Mervin Santiago, Santé Barley Triathlon team member and one of the top age-group triathletes in the country.



# 30%

Reduction in lunchtime calorie intake by people who ate oatmeal for breakfast versus those who had cornflakes  
Source: *Annals of Nutrition and Metabolism*

Men'sHealth

# ALERTS!

## WEIGHT LOSS

## CAN I CHILLAX AND STILL LOSE WEIGHT?

Bruce, via e-mail

**M**ake like Happy Gilmore and hit the fairways. "When you play a round of golf, you're walking for around six or seven kilometers, burning calories without much intense muscular exertion," says Junjie Eustaquio, avid golfer and founding member of the UP Diliman Golf Organization. **In fact, an hour of golf (if you walk the course) burns off almost the same amount of calories as an hour at the gym,** according to the *Compendium of Physical Activity*. The bonus: Playing golf helps you think calmly and reduces stress, says Eustaquio. It's also a great way to meet new people and swing, if you're into that kind of thing.



SWING LIKE RORY

PLAY THE BACK NINE  
Burn the calories

## IGNORE THE CANDY CALLS

When it comes to avoiding desserts, the struggle is real. According to the National Confectioners' Association, **51 percent of adults admit that store displays have enticed them to buy holiday candy.** And those are just the honest ones. The next time you're craving a chocolate bar, think small—like your resolve.



## WEIGHT-LOSS BLUES

In the words of Fat Bastard, "I eat because I'm unhappy, and I'm unhappy because I eat." **Unfortunately, trying to lose weight doesn't solve the blues, either.** According to a study from University College London, dropping weight may actually increase your risk for depression. Researchers observed nearly 2,000 overweight adults for four years. Subjects who lost at least 5 percent of their body weight were 78 percent more likely to report depression than those who didn't see progress. One reason: Losing weight but finding yourself struggling with the same problems can make you feel discouraged or frustrated. To counter this, "be more patient with yourself," suggests Francis Asis, trainer at Gold's Gym Katipunan and runner-up in *The Biggest Loser Philippines Edition*. Also, make time to rest to help maintain a positive outlook.



# ABSOLUTE CONDITIONING

**T**he workouts and challenges of the Men's Health Training Combine were designed to improve speed, agility, power, and endurance—the four pillars of fitness that anyone who's serious about getting into shape should consider. In fact, the exercises of Training Combine were great for developing strength in each of the major muscle groups, especially core strength. As each workout was custom-fit to the participant's fitness level, everyone was put through a challenge that would not only help them improve on the four pillars, but also set them on a path to lean, toned muscles.

But that path to a better body is paved with more than just exercise, and fitness is more than a matter of knowing the right workouts. The food you eat is an important part of staying fit and making the workouts count. That's why Century Tuna was proud to participate in Training Combine, doling out cans of some truly good eats to the challengers. As this year's Best Canned Tuna in the Men's Health Best Foods for Men, Century Tuna was a great post-workout meal that challengers could indulge in without putting their exhaustion to waste. For anyone looking to up their game and tone muscle along the way, there truly is no other tuna.



MAJOR SPONSOR



**MensHealth  
TRAINING  
COMBINE**





# FITNESS ACTIVATED

**B**eyond the immediate fitness achievements that the challengers conquered at SPARTA Philippines, the Men's Health Training Combine gave its participants something more valuable: a gateway to a healthier lifestyle. By introducing the participants to their own current level of physical fitness and subjecting them to workouts that would push them to their limits, everyone could walk away empowered by a better idea of what they can do. It could have been the crucial first step that some of the participants needed to start them on a path to regular, effective exercise. Trudging such a path, however, requires ironclad determination and the energy to push hard every time. Enervon Activ was present at the event to address precisely that. It's a multivitamin supplement that enables you to go hard and take on the toughest. Enervon Activ gives you the energy to push yourself to the limits. The Men's Health Training Combine demanded incredible stamina from challengers, and yet it was just the beginning of a healthy and fulfilling lifestyle. Consistent exercise is key, and with Enervon Activ, you can go the distance with your workouts.



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**Men's Health**  
**TRAINING  
COMBINE**

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# LIGHTS-TO- FLAG VICTORY

Buckle up, take the wheel, and learn all the gutsy maneuvers that make Sam YG a winner on and off the racetrack

Styling by Amador R. Madamba  
Grooming by Elaine Ganuelas  
Shot on location at Bridgestone Tire Center, Alabang  
Special thanks to Karl Bobis-Castillo and Toyota Motor Philippines



BY ANTON D. UMALI  
PHOTOGRAPHS BY XANDER ANGELES







*Sam YG does a variety of workouts including regular running, kettlebell routines, and heavy compound lifts to add brawn to his lean physique.*

**MOTORSPORTS FANATIC SAM YG WILL BE THE FIRST TO TELL YOU** that his triumph at the maiden edition of the Toyota Vios Cup last year wasn't what ultimately got him hooked to racing. Instead, the 2014 overall winner in the Promotional Group–Celebrity Division will give you a play-by-play account of his performance in the series' 2015 season opener last March—his poorest race to date.

"I was in pole position. I was in a good place," the comedian-host-DJ says, looking back on that sunny day at Clark International Speedway, where he was scheduled to participate in two afternoon races. He was strapped in, confident with his convenient starting point, and unaware of the events that would put a stopper on his chances of a clean victory.

"Early on, everyone started to overtake me because I was unable to shift gears from second to third," he recalls. Desperate to recover from his slow start, he recklessly miscalculated the first turn and crashed into the car of sportscaster Jinno Rufino, blowing out his tires in the process. Just like that, he earned his first DNF of the season. "I was so bummed," he laments. "I couldn't believe that happened on the first lap."

But Sam didn't let his rookie error and accident crush him; there was still a second race to look forward to, after all. His car was taken to the pits, and the mechanics finished repairing it in time for the next session. "The second race was at 4 PM, and automatically, I was placed at number 18 on the grid," he continues. As soon as the lights turned green, however, he wasted no time in carving a path through the pack. He was 14th after the first lap; by the end of the second, he was 9th. Through sheer momentum and determination, he eventually wrested the race lead from model Phoemela Baranda on lap 10.

Sam had an epiphany from that come-from-behind win: "After getting ahead of Phoem, I realized that racing is something I really love. When I get into that car and they strap me in, I'm in the zone. Everything just blacks out, it's game time, and I become ready to get it on—to do it right and just get through the race!"

#### LEAD THE PACK

Sam chooses to get on with life by driving head-on toward challenges, his grip firm and unrelenting on the wheel.

Whether as a DJ, host, or racer, he's never the type to do things half-assed.

"Every single day, I wake up excited to go to work because I don't know what's going to happen. I don't know what I'm going to talk about, and how I'm going to entertain people for the next four hours or so," he shares, detailing the daily grind of hosting Magic 89.9's Boys Night Out (BNO) with Slick Rick and Tony Toni (the trio celebrates its 10th year this month). "It's so challenging because there are no

scripts, and your brain really gets a good workout."

It's this drive to do and be better that fuels his mindset. But of course, any well-oiled engine is simply the sum of its parts. Teamwork plays a big role in making BNO's wheels turn, and that's why Sam attributes the show's success to their chemistry—something that extends beyond the confines of the radio booth.

"It's the dedication we see in each of us that pushes us forward," attests Slick Rick. "It's us knowing where we all started, how we came up the ranks. It's also the respect we have for one another. We

aren't just coworkers, we are brothers. It's a dynamic that's hard to replicate. We were friends before we got together for the show, and you can't beat that foundation."

Tony Toni, on the other hand, recognizes Sam's ability to imbue the show with a comedic edge: "He loves what he does, and we feed off his energy. Even if he is the youngest among the three of us, he has a way of making fun of himself so that everyone has a good laugh."

#### HEAD-ON COLLISION

That said, despite the positive reception BNO has attained through the years, Sam admits that not



## BUMPER STICKERS TO LIVE BY

Sam YG's words of wisdom would look good stuck on your car's rear end

#### Bumper Sticker #1

"Every day you are given the chance to be the best version of yourself—now it's up to you to take that opportunity or not."

#### Bumper Sticker #2

"Comedy and laughter are like vitamins. You need them to have a healthy body and mind."

#### Bumper Sticker #3

"Rest is just as important as the pounding that you put your body through."

#### Bumper Sticker #4

"Kailangan din ng exercise ng puso. Kailangan kiligin paminsan-minsan para yung cardio hindi lang nanggagaling sa running!"





---

▲ **LEAN AND MEAN**

Sam YG knows how to go from scrawny to brawny real fast





everyone accepts this raw approach to broadcast media. The reason: One of the naughty elements BNO banks on is the team's so-called *manyak* mentality, which goes on overdrive when they riff on relationships and women.

"There's a very big effect on how people perceive me based on what I do," he allows. "I admit, I talk a lot of shit on air. But the show has cast such a big shadow on me as a person that when I go out, it's hard to actually date someone unless that person takes a chance on me. My reputation automatically takes a hit [because supposedly] I'm that

*manyak* guy from the *manyak* show."

Unfortunately, the personal jabs don't stop when he does manage to win a woman's affections. Sam has heard his fair share of hurtful comments from the lady's family and friends—ranging from your garden-variety "*Babaero yan*," to the more heart-stabbing, "My friends tell me to stay away from you."

"Honestly, four years ago, I used to be really bothered by them. So what was I going to do? Was I going to keep on doing this, or was I going to take a step back because my personal life was being affected?" he muses. "But then I

realized how much I love what I'm doing. I knew it wasn't going to be easy *kasi* you can't please everyone. Thing is, our brand of comedy is not for everyone. And it's not like we go through the KBP handbook and go, 'Hmm...let's see *kung anong rules ang pwede nating basagin ngayon*.'"

Amid the unending criticism, it certainly helps that Sam, Slick Rick, and Tony Toni keep things real with every broadcast. "That's the show and that's what we do," he states proudly. "I'm not stepping on anybody's toes. I'm talking about what's really happening in society. Some may

call it taboo or too much. But I'm proud of my partners—the hardest-working guys on Philippine radio, hands down. This show wouldn't last 10 years if it weren't for the hard work and dedication we put in."

#### RIDING SHOTGUN

Constant collaborations have always worked in Sam's favor, and it's a prime ingredient in his successes. When he was invited to join the Vios Cup for the first time, he immediately accepted because he's been a car junkie since childhood.

He trains with JP Tuason, a champion racer and founder of the Tuason Racing

School. Learning from the best in the local motorsport scene pushes Sam to invest blood, sweat, and tears in honing his driving technique. During race season, he gets up at 3 AM and travels to Clark to train, then heads back to Manila to do BNO. Being the type who fully immerses himself in everything he does, he quickly came to grips with racing's physical and mental demands.

"Imagine, you have to compete in a fireproof suit and *walang* aircon—windows up *pal*!" he describes. "The very first time I drove in Clark, I was like, 'How hard can this be?' But then the

struggle becomes real all of sudden. You have to deal with the heat. You need to have your cardio in place. You need muscle strengthening because the G-forces you're dealing with are quite intense. Your brain needs to be sharp. Getting the right corner at the right speed at the right time really takes practice."

Aside from the help he gets from the Tuason Racing School, Sam also has coaches Chappy and Alex Callanta of 360 Fitness Club for the cardio and muscle training he needs. "I give Sam a lot of different programs that will help him with his endurance," says Coach Chappy.



#### REAL DEAL

No weights, no problem. Bodyweight training is a staple in his workout

"We do a lot of kettlebell work, a lot of supersets or complexes, and circuits. You see, Sam's naturally thin so we really try to get a lot of weight training in. Nothing to slow him down or make him heavy, though, but really just making sure he's more powerful pound per pound so that when race day comes, he's an efficient, well-running machine."

He adds that Sam is the sort of student who "doesn't stop until he gets it," who really takes the time to find and reap the benefits of proper training. "Sam is very driven," he observes. "You'd have to ask him what exactly drives him to work so hard, but I think he just wants to be the best he can be."

#### CHECKERED FLAG

Sam's hosting career, racing pursuits, and

everything else in between are grounded on the same principle: "You are your car." This metaphorical fusion of driver and vehicle is his symbolic guide to maneuvering his everyday existence.

"Only you will be able to control the vehicle. If you crash your car, it's your fault. And if you drive it well, that's all on you, too. There's accountability," he explains. "You should know your car's capabilities and limitations." He further emphasizes that a car is like the human body: If you overdrive it into a corner, you might careen right into a wall. If you come in too slow, someone will overtake you.

"Now, apply that to your personal life," he goes on. "*Kapag pukpok ka nang pukpok sa katawan mo*, chances are you're going to get

burned out. You're going to hit a wall. You under-drive, you become lax with your career or personal life, and you shouldn't blame anyone else for slowing you down but yourself."

A combination of hard work, a great team, and a pedal-to-the-metal approach when it comes to his passions are the tools that have molded Sam YG into a sure race winner in life and on the racetrack. "A lot of people want to skip the hard work," notes Sam. "But sacrifice makes getting to your destination much sweeter. Like in any race, it's that process in between that really molds your character. That journey between the starting point and the finish line, in the end, is what will ultimately define you." ■



## BE THE HOST WITH THE MOST

Thinking of moonlighting as a master of ceremonies? Sam YG shares some tricks to make the experience smoother

#### DO DEMOGRAPHIC RESEARCH

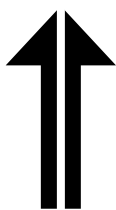
"The way I'd host a wedding wouldn't be the same way I'd host a corporate event. Know your target audience. That's the number one thing a host should do. Know whom you're talking to. You can't be cracking green jokes when you're dealing with 18-year-old kids at a debut!"

#### ALWAYS PREPARE FOR A COUNTERPUNCH(LINE)

"Nobody is perfect and everyone makes mistakes, especially when you're starting out and you have the jitters. A good host should also have the ability to make a comeback."

#### TAKE A HIT OF CONFIDENCE

"It's hard to focus when you're nervous. More than being a physical battle, hosting is really tiring because you give so much of yourself. When you entertain people, *bato ka lang nang bato* to make them happy. Don't let the nerves get the best of you."



He may joke around a lot, but when it's time to race, Sam's competitive nature kicks in





## WEIGH YOUR OPTIONS

Competition racers, like those who will take part in this year's Cobra Ironman 70.3 in Cebu, will love the new lightweight performance footwear options from Saucony. The Fastwitch 7, with a plush Powertrac outsole, offers three times the traction of regular rubber, ensuring every step is surefooted; the Type A6, which promotes a natural running experience, also boasts of a dual-layer upper for exceptional comfort and lightweight support; and lastly, the super light Endorphin Racer, weighing in at just 3.1 oz, helps you cross the finish line faster than ever. Get your pair at the Saucony concept store located at the UP Town Center and at Glorietta 3. For more info, visit Saucony on Facebook via [www.facebook.com/SauconyPhilippines](https://www.facebook.com/SauconyPhilippines) and follow @SauconyPH on Twitter and Instagram.



## ACQUIRE FUNCTIONAL LUXURY

It's not really easy to know which watch to splurge on, but keep in mind: careful research may result in the investment of a lifetime. CRM Jewellers suggests minding these categories when looking for some wrist candy that has the chance to appreciate over the years: Vintage, Brand, Scarcity/Rarity, Buying New or Pre-Owned, and History. And as something that you'll use on a normal basis, you need something pretty badass. Check out the Edox Hydro-Sub 50th Anniversary Limited Edition timepiece—water resistant to 500m, tested in -30C temperatures, and featuring the iconic Edox MasterLock, it's a functional classic in the making. Only 515 of these babies were made, by the way. Scarcity? Check. Log on to [www.edox.ch](http://www.edox.ch) for more details.

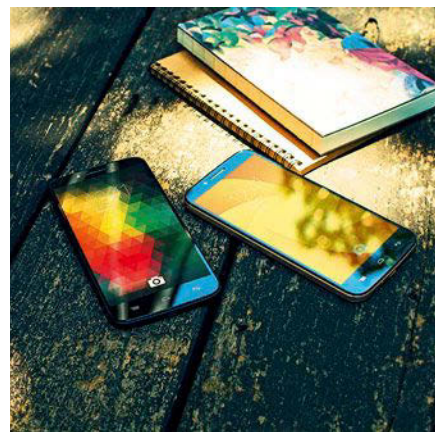
## BOX BETTER

Aside from being an exciting combat sport, boxing has a longstanding history of being a great way to get fit. One problem, though: boxing training has hardly changed over the years, and is starved for innovation. Gold's Gym Philippines is looking to change all of that with the BoxMaster. Designed to give fitness buffs a great cardio-boxing workout every single time, the BoxMaster also features a spring-loaded arm design that can minimize the risk of injury. Check it out now at Gold's Gym Sheridan, the first branch where it will be made available.



## TRAVEL FOR CREATIVITY

Traveling to foreign places gives you a new take on almost everything—the people, the food, and the culture as a whole. Another thing that travel stimulates: creativity. Social psychologist Adam Galinsky of Columbia University in New York says: "Foreign experiences increase both cognitive flexibility and depth and integrativeness of thought, the ability to make deep connections between disparate forms." The proof is in local band Up Dharma Down's experience after going around Singapore. They were even spurred to shoot the video for their new single, "All the Good Things," in the Lion City. Featuring many of Singapore's vibrant attractions, the video is a reflection of the band's openness to new experiences. Watch the video on [updharmadown.com](http://updharmadown.com) and visit [www.yoursingapore.ph](http://www.yoursingapore.ph) for your own creative boost.



## TAKE A PROPER SELFIE

In a recent Ohio State University study, men who posted more photos of themselves online scored higher in measures of narcissism and psychopathy. Still, you can't really deny that the occasional selfie can be fun. But like everything else in this world—moderation is key. So, when you do have the sudden urge to snap one, do so with the Alcatel Flash Plus. With an 8MP front camera, this thing is basically made for selfies. And with a price tag of P6,490, that deal's hard to beat. Check out [www.lazada.com.ph](http://www.lazada.com.ph) to place your order.



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EDITED BY ENRICO MIGUEL T. SUBIDO

## HEALTHY HOPS

Antioxidants found  
in hops reduce  
respiratory illness



LIVE

## HOPPY EVER AFTER

DRINK BITTER BEERS TO SAVE  
YOUR LIFE. NO KIDDING

By Omar Glenn D. Belo

**G**inisang ampalaya, papaitang kambing, a bad breakup—these are just some of the rare instances when it's better to be bitter.

Adding beer to that list is contentious, especially among Pinoys whose favorite beer is, at most, slightly bitter. But hoppy beer aficionados, like The Perfect Pint's master brewer and co-owner Alec Tempongko, insist on the many benefits of such brews.

The bitterest of beers, like India Pale Ales (IPAs) and double IPAs, contain the most hops. "Mas maraming hops, mas mabango at mas flavorful ang beer," Tempongko says. Double IPAs take the experience a notch higher. "The only danger here is once you get the hang of bitter beers, *hindi ka na babalik sa dati.*"

PHOTOGRAPHS BY VINCENT COSCOLLUELA



## FAB FIVE

Enter the colorful and flavorful world of hoppy beers with these picks, available at The Perfect Pint

### Holy Grail

Double IPA, 8 percent abv, 100+ International Bitterness Unit (IBU)  
**Brewer: The Perfect Pint**  
Nine hops additions result in a very balanced, easily drinkable brew.

### Night Ride

Cascadian Dark Ale/Black IPA, 8 percent abv, 80 IBU  
**Brewer: Turning Wheels**  
Looking like a sweet brew, this medium-bodied IPA is unexpectedly delicious.

### Turning Point

Double IPA, 9 percent abv, 100+ IBU  
**Brewer: Turning Wheels**  
Medium body, massive flavor, strong aroma. It packs a bitter kick at first, but finishes off smoothly.

### Fields of Gold

White IPA, 6.4 percent abv, 80 IBU  
**Brewer: The Perfect Pint**  
The appearance and body of wheat beer, with the bitterness and tartness of an IPA.

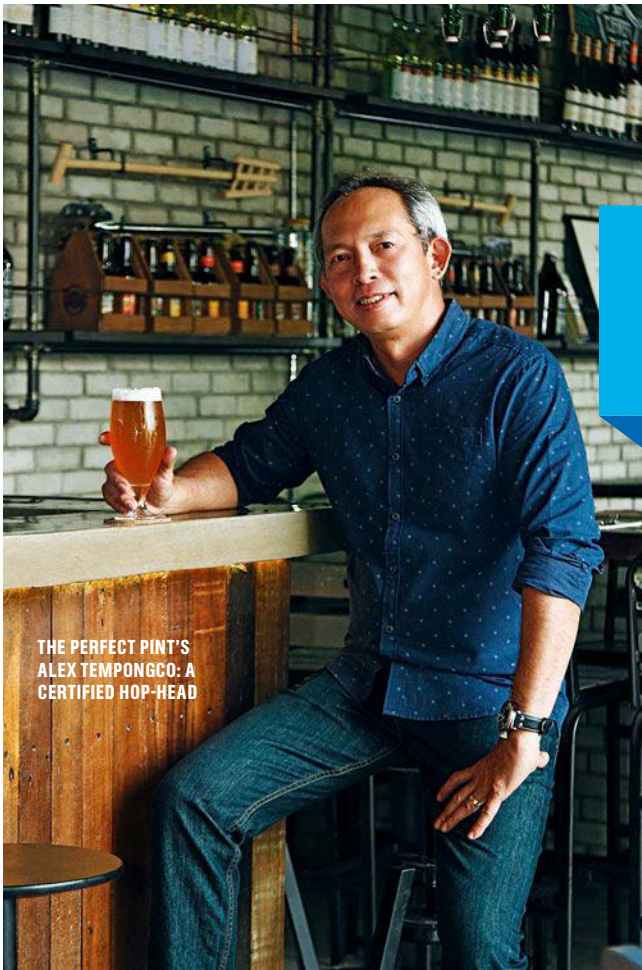
### 3 Hops & A Hop

IPA, 7.2 percent abv, 60 IBU  
**Brewer: Katipunan Craft Ales**  
The least intimidating pick in terms of bitterness, but with flavor still on a par with the rest.



MATCH BITTER BREWS WITH STRONG-FLAVORED DISHES





THE PERFECT PINT'S  
ALEX TEMPONGCO: A  
CERTIFIED HOP-HEAD

The Perfect Pint's Sausage Platter is great for IPAs. "Sausages, by themselves, are already flavorful," Tempongco says. The salty, garlicky, and spicy mix ticks all the right boxes to complement the bitterness of hoppy beers.

## RETURN THE FLAVOR

Want to make grilled meat juicy and flavorful while impressing your friends? Then learn to baste with a bottle of beer, says Steven Raichlen, author of *The Barbecue Bible*, *Planet Barbecue!*, and *Man Made Meals: The Essential Cookbook for Guys*. The technique is simple: (1) Crack open a cold one. (2) Cover the bottle's mouth with your thumb and shake until you feel pressure. (3) Move your thumb slightly to direct a narrow jet of beer onto the item being grilled. (4) Drink the rest. Repeat the process after you flip the meat. IPAs make for great basting brews. For bottled IPAs, MH recommends: Ballast Point Sculpin IPA, and Hitachino Nest Japanese Classic Ale.

This could spell trouble for your beer budget as higher brewing costs render more expensive blends. But consider this: Hoppy beers pack more alcohol by volume (abv), ranging from 6 to 9 percent. In comparison, two pints gives you the same good buzz you get after downing around eight bottles of your garden-variety swill. You essentially save money, sans having to deal with a nasty hangover.

You can also treat the higher price you pay for hoppy beers as a health investment. (Seriously, stop laughing.) Take Tempongco, whose regular days consist of drinking a lot of craft beer. His most recent medical checkup result was a shocker. "Expect *ko patay ang*

cholesterol *ko, eh* turns out okay *pala*. 'Must be all the craft beer I've been drinking,' *sabi ko sa wife ko, pero hindi siya naniniwala*," he shares with a hearty laugh.

Responsible drinkers...er, journalists that we are, we had to dig deeper. And Tempongco's claim holds water. A 2011 study by German and American researchers on 277 participants of the 2010 Munich Marathon reports that wheat beer reduces muscle inflammation and respiratory illness. David Nieman, Dr.P.H., one of the study authors, credits the different types of polyphenols in the brew for this effect. This antioxidant also helps manage the genes related to triggering inflammation and stress,

he adds. And the best part: The study used non-alcoholic wheat beer, which has half the polyphenol content of the alcoholic kind. IPAs and double IPAs? They obviously pack a lot more.

But don't make this an excuse to drown yourself in hoppiness. A 2013 study in the *Journal of Nutrition* reports that to cut your risk of getting cancer, heart problems, or diabetes by 30 percent, you need 650 milligrams of polyphenols in your daily diet. Two 400-milliliter IPA pints should cover half of that requirement. Get the remainder from other polyphenol-rich sources like dark chocolate, fruits like cherries and blueberries, and legumes.

Now, before you start your own hoppy journey, Tempongco shares a few pointers to make the bitter beer transition smooth:

**Go local.** There are great imported IPAs and double IPAs. But trying local hoppy beers and supporting our growing craft-beer community is an experience in itself. For starters, head to The Perfect Pint, a staunch supporter of local brewers, for the five picks you see here.

**Sit, sip, and savor.** "First timers will definitely say this is very bitter, and *yung unang pasok mararamdaman mo na*," concedes Tempongco. "But after that, it gets easier to drink. Just take your time. Appreciate the many facets of the brew: *yung* webbing, body, and aroma, and just savor the flavor."

**Pair it right.** Full-bodied IPAs require equally flavorful dishes so the bitterness doesn't overwhelm. Tempongco suggests garlicky grub like *salpicao* or spicy buffalo wings. "When paired with the right food, the bitterness of the beer blends and *mapapa-order ka pa ng isang round* without realizing it," he says. ■



## SHAKE OFF A HANGOVER

JASON BURKE, M.D., OF HANGOVER HEAVEN CLINIC EXPLAINS HOW TO GET YOUR HEAD STRAIGHT IN A HURRY

### Stop Drinking

Duh. But don't go to sleep right away—that'll slow your metabolism. Stay up a half hour to whip up and scarf down a cheese omelet. It's high in cysteine, an amino acid that can help your body detox.

### Take Your Medicine

After your omelette, pop 200 milligrams of ibuprofen. This will help alleviate booze-induced inflammation, a major cause of hangover agony. (Avoid acetaminophen because it stresses your liver.)

### Head, Meet Pillow

You can hit the sack now, but don't try to sleep off the damage. For the same reason you stayed up an extra 30 minutes, you're going to set your alarm to sound eight hours from now. You hit snooze, you lose.

### Pour a Tall One

In the A.M., rehydrate with low-calorie Gatorade and have some fries and bacon to replenish your sodium. Avoid the hair of the dog—it may work in the short term, but you're delaying the inevitable.



### YOUR SEX SAFETY CARD

ALL YOU NEED TO CREATE A  
SAFE AND SEXY ENVIRONMENT  
FOR YOU AND YOUR LOVER

By Enrico Miguel T. Subido

Welcome on board ClimaxAir Flight XOX069 to Sexy Town. This boudoir is under your complete command, and approximate pleasure time is entirely up to you. Ensure your partner's safety, enjoyment, and comfort throughout this romp with this sexy time safety card. Create a caring cocoon of love and be prepared to take off into ecstasy. "Great sex is comfortable sex. A sense of comfort allows men and women to be free, more communicative, and even more creative in what they do [in bed]," says Eric Julian Manalastas, associate professor at the Department of Psychology in the University of the Philippines Diliman.

Kindly take a moment to study this bedroom information sheet, and follow along with the illustrated demonstrations for maximum pleasure. Thank you for your attention. We will be cruising at pleasurable speeds shortly.



#### 1 TAXI AND TAKEOFF:

Here we go. Relax. Don't rush—you both know where this is going, so there's no need to preempt anything. "The anticipation is delicious. I love it when we take our time before actually getting to it," says Carla, 28, a marketing specialist. Stow away all cellphones. Let her recline and settle down on your bed. Unfasten your belt; she might want to help.



#### 2 EQUIPMENT CHECK:

Make sure the following are at the ready: assorted prophylactics, love aids (if it's that kind of night), water-based lubricant. Your equipment should be in check, too—trim-trim, wash-wash, wipe-wipe, ya dig? "Naa-appreciate *ko talaga yung effort ng guy ko pag mine-maintain niya yung region na yun*. Sweet *siya, yung effort, para sa akin*," shares Madeline, 31, an accountant.



#### 3 BRACE POSITION:

Things might get a bit heated, so expect a little playful turbulence, which is absolutely fine. "I like being manhandled in the sack. It's so primal and sexy," reveals Pam, 30, a real-estate broker. Just make sure she doesn't clunk her noggin on the headboard. Keep them pillows handy. When there aren't any available (or there's no time to care), keep your hand behind her head and guide it down gently. Swabe and resourceful? Oh, yeah.



#### 4 WATER LANDING:

Assorted love fluids. Sweat. Maybe some saliva. Her tears of complete ecstasy—or perhaps yours. Given the more-than-likely event that your post-nookie bodies are drenched in some form of liquid (or a mix of a few), it would be wise to keep the tissues close by. "Tissues are more hygienic than using and reusing a towel to wipe down after sex," advises Lorelie, 27, a personal trainer. Making an event of wiping each other down offers a more intimate (read: ladies dig this stuff) dimension to knockin' boots.

#### 5 UPON LANDING, DO NOT:

Immediately check your phone. Or get up and start walking around, looking for your clothes. Or ask if she can get up and get you a beer. Just chill, man. The night is young, and at this point, your landing gear is merely positioned—you haven't hit the ground yet.



#### UPON LANDING, DO:

Stay close to her. Keep your bodies in contact. You've just shared in the most intimate of acts, so cuddle for a bit. There's no required time for this. Just do it.



Welcome! You have now arrived in Sexy Town. Stay as long as you want; the weather is great—hot and humid—and time is pretty much irrelevant here. For your complete satisfaction, please continue lying down with your lady and do not get up until you really have to—it's just better that way. Thank you for flying ClimaxAir. We hope you'll come again. And again, and again, and again...



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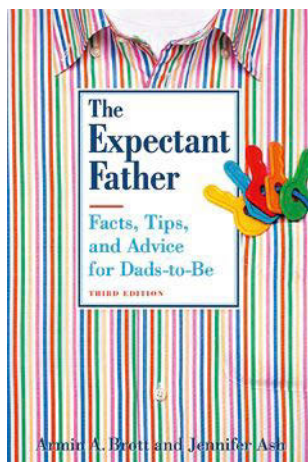
# TURNERS

ASIDE FROM ROUSING YOUR IMAGINATION AND PROVIDING YOU WITH NEW KNOWLEDGE, A GOOD BOOK NEVER DUMBS THINGS DOWN WITH GOSSIP OR MILLENNIAL SPEAK ("BAE?" SMH). GET THESE BOOKS ONTO YOUR SHELF AND INTO YOUR LIFE

By Vince Vega

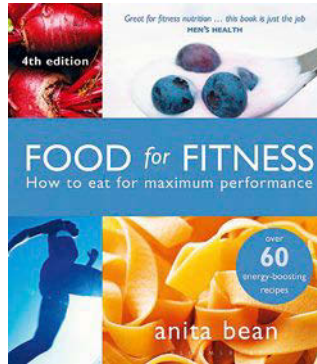
## 01 READY ALREADY

Being a parent is no joke. It takes dedication, hard work, patience, and a lot of learning on the fly. If you're about to be a poppa soon, brush up on must-know daddy moves from Armin A. Brott and Jennifer Ash's *The Expectant Father* (P460.99, National Book Store). You're going to need all the help you can get during this overwhelming time, and this one read will help you reconcile issues—from realizing how to sort out conflicting emotions, to understanding how pregnancy affects your sex life—so that you can be a better man for your wife and kids.



### SHARPEN YOUR SWIMMERS

Are you and the wife planning to start a family? Aside from playing baby-making music on friskier nights, make sure to have a steak beforehand. According to the journal *Nutrition Research*, zinc (found in steak) improves the health of your sperm and boosts your testosterone levels.

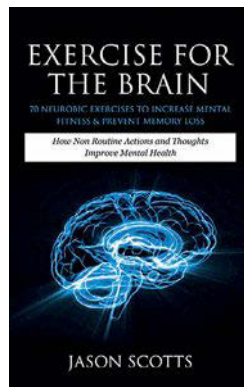


## 02 STRIKE A BALANCE

If you want to hit your fitness peak, your nutrition game must be on point. Pick up Anita Bean's *Food for Fitness: How to Eat for Maximum Performance* (P716.29, National Book Store), and align your goals with what you put on your plate and what you do in the gym. Consider this your guide to hydration, menu plans, and even the effectiveness of sports supplements.

### CHOC IT UP

According to a study from the *International Journal of Sport Nutrition and Exercise Metabolism*, chocolate milk works as a post-workout recovery drink. The carbs replenish your muscles, but do you know when it's best to chug it down? Mike Huff, coordinator of sport performance at Duke Sport Medicine Center's K-Lab in Duke University, North Carolina, says 20 minutes after a sweat session is best.



## 03 BUST BRAIN DRAIN

Your mind deserves more than junk stimulation from Facebook and Instagram. Jason Scott's *Exercise for the Brain: 70 Neurobic Exercises to Increase Mental Fitness and Prevent Memory Loss* (P279.29, National Book Store) gives tips on how to keep your memory sharp, and also comes with crossword puzzles to further develop your brain functions. Invest in your brain now and squash the fear of becoming mentally lethargic.

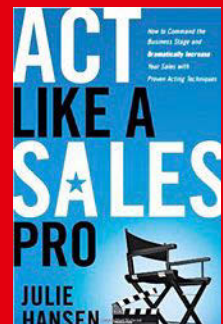
### FUEL THE MIND



You can't go wrong with the rich omega-3 content of fish. In a study published in the journal *Neurology*, people with lower levels of omega-3 fatty acid in their blood cells had smaller brains compared to those with higher levels.

## 04 PLAY THE PART LIKE A PRO

Having trouble closing a deal? Channel your inner De Niro and nail every pitch with Jules Hansen's *Act Like A Sales Pro: How to Command the Business Stage and Dramatically Increase Your Sales with Proven Acting Techniques* (P995, National Book Store).



You will learn not only how to maintain poise and improvise during a sale-in-progress, but also how to deliver unforgettable and swaying presentations that'll win you deals just like how they did it in Boiler Room—minus all the deception and money-laundering, of course.

### SHINE BRIGHT

If you think a firm stance and a clear, loud voice are solely the two elements that make public speakers successful, think again. Christine Clapp, who teaches public speaking at the George Washington University in Washington, D.C., also notes that flashing them pearly whites and knowing when to take pauses is crucial to keeping an audience engaged.



## CONSTANT EVOLUTION

ADD SPICE TO YOUR LIFE SIMPLY BY STEPPING OUT OF THE BOX

By Enrico Miguel T. Subido

**R**olando “Chef Lau” Laudico isn’t just adept in the kitchen. The self-proclaimed rock-star chef also capably wields the electric guitar, sings, plays basketball and tennis, and is a bona fide international television personality. He does all these things because, in his words, “Life is short—why just do one thing?” Take it from him and learn to live your life like a good dish: balanced, and with lots of flavor.



### GET ON THE FLIP SIDE

For [reality TV show] *The Apartment*, I wasn’t cooking and I was on the other side of the fence as a contestant. I’m more used to judging people’s work—like on *MasterChef Asia*—and to be judged on this interior-design reality show was an entirely new experience. But I liked it because it tapped another area of my creativity and imagination. Building houses, carpentry—it was challenging physically, but I enjoyed it because I like creating stuff, whether it’s painting a wall or making art on a plate.

### EAT SMART, EAT WELL

When you’re in your 40s, you can’t just rely on dieting for your fitness. You really have to

exercise. And for me, in my profession, I really have to be conscious about eating right. Imagine eating over 1,000 calories just from taste testing, and that’s not even a whole meal yet. So, making healthy choices when it comes to food is always a good idea—limiting your portions, eating whole foods, that sort of thing. But I still enjoy fat, a good single malt, and beer in moderation. Because what’s the point of eating well if you don’t enjoy yourself once in a while?

### CRAVE NEW EXPERIENCES AND LESSONS

I was disappointed that I didn’t win [at *The Apartment*] because I wanted to get the \$100,000 grand prize and donate it to World Vision. I was disappointed because I felt like

I let those kids down. But from that experience, I have a new take on patience and self-control, especially after living with crazy people with super egos who like putting you down.

### DITCH YOUR COMFORT ZONE

I like doing things that are out of my comfort zone. I consider myself very adventurous, and I rarely get scared of doing new things. I’m not afraid of failure, because if I fail, I fail. It doesn’t immediately mean that I suck. Even with cooking, I try different things—sometimes they work, sometimes they flop, but I think it’s important to be fearless. If you limit yourself and think you’ll fail and not do it instead, then you won’t accomplish seemingly impossible things.



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*Chef Law*  
**Chef Rolando Laudico**  
Executive Chef de Cuisine  
of the Chef Laudico Group



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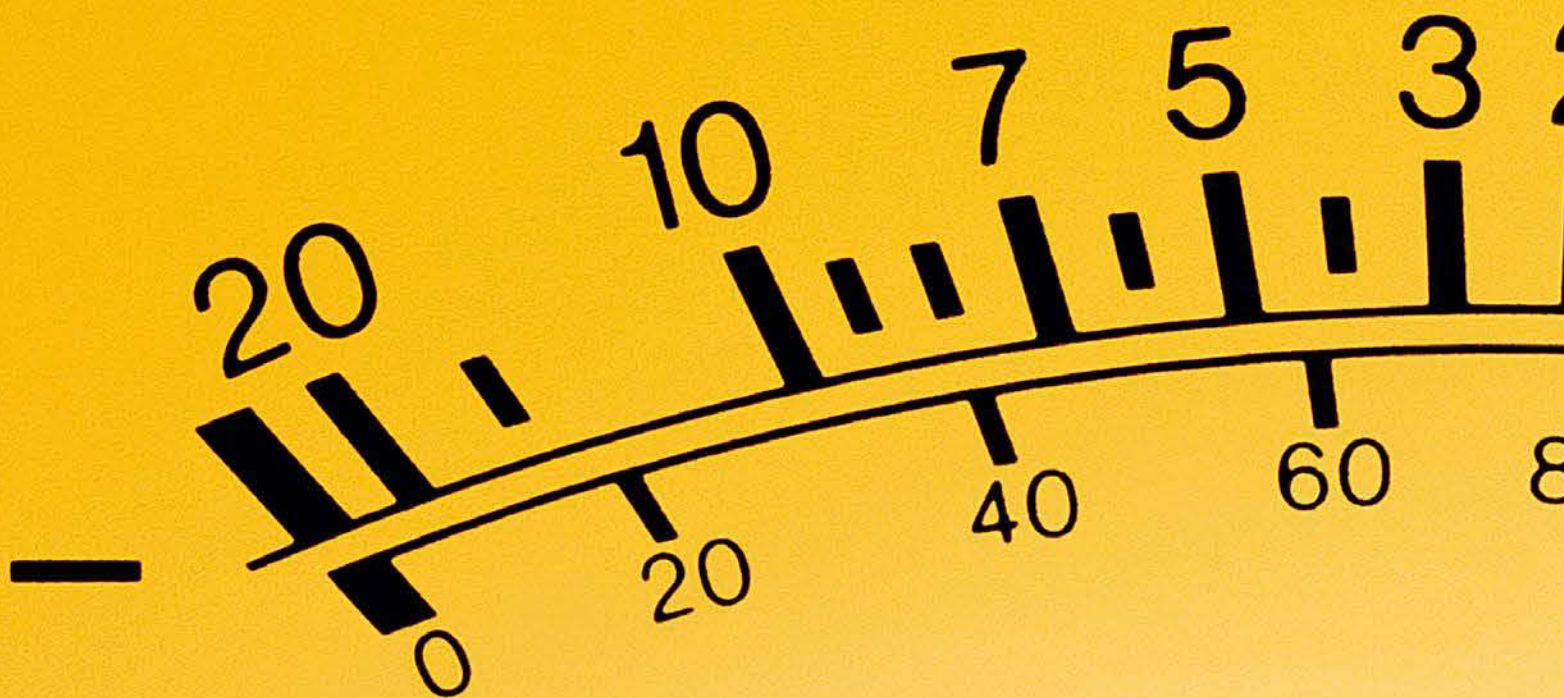
## **SAMSUNG** **FOOD SHOWCASE** REFRIGERATOR

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At the end of the day, he is more than a chef. Chef Laudico is also a businessman, brand endorser and a thoughtful father. The all-new Samsung FSR, powered by Food ShowCase and InnerCase, Digital Inverter with All-Around Cooling, gives him the ease to become more of what he can be.

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## AURAL

# CARE

**LISTEN GOOD AND LISTEN WELL TO THESE PROPER EAR-LOVE TIPS FROM THE EXPERTS**

**By Maan D'Asis Pamaran**

**T**he sound of silence is great when you want to block out annoying noises: your neighbor's drunken videoke concert at 3 AM, or your millennial officemate's whining eight hours later. Then again, between these and completely losing your hearing, it's safe to say you'd gladly choose the former. Going deaf blows—and not just because you can't listen to Taylor Swift anymore.

"Ear care is important because our ears are responsible not just for hearing, but also in helping us maintain our body's equilibrium," explains Caesar H. Mejia, M.D., D.P.B.O.-H.N.S., a head and neck surgeon and consultant at the Manila Central University's Filemon D. Tanchoco Medical Foundation. So, unless you want to sound like an old geezer shouting "Ha?" all the time, we suggest you continue reading.

## FEELING FULL

You were probably given a hearing test when you were a baby. As you grew older, however, your auditory sense may not have been given as much importance as, say, vision during routine check-ups. Because of this, you may not be aware that you already have a common ear condition called aural fullness, or the feeling of increased pressure in your ears. "It can be brought about by upper respiratory tract infections, like common colds and allergic rhinitis," says Dr. Mejia. Likewise, aural fullness can be caused by stress, anxiety, and exposure to loud noises.

**THE FIX: Chill and Decongest**  
Beat aural fullness by relaxing and listening to soothing sounds. Crashing waves and classical music are good options. "You can also prevent this by keeping yourself healthy, eating properly, getting enough rest, and taking vitamins," adds Dr. Mejia.

## SKIP THE SWABS?

Yes and no. Yes for the inner ear canal, and no for the outer ear. And even when cleaning the external part of your ears with cotton buds, Dr. Mejia says it is prudent to exercise caution. Do note, too, that you don't have to clean your ears every day, states Adam Folbe, M.D., of Wayne State University in Detroit. "Ears are self-cleaning systems," he explains, adding that the ear canal pushes wax outward continually.

**THE FIX: Avoid DIY Disaster**  
Steer clear of trying to do too much when it comes to cleaning your ears, especially when you experience any of these symptoms: ear discharge, aural fullness, and tinnitus—or a ringing sensation in the ear. Dr. Mejia suggests you visit a hearing specialist for any of these aural health red flags.







## ON EAR-WARE

It may look cool to have earrings, but it's all about placement. If you do decide to get your ears pierced, Dr. Mejia recommends going for the lobe and not the cartilage or "curved" part. "Trauma to the cartilage can lead to inflammation and infection," he warns.

## THE TRUTH ABOUT EARWAX

Without earwax, we'd have itchy, smelly, and dirtier ears.

The stuff scientists call cerumen is actually responsible for lubricating, cleaning, and maintaining the overall health of your ears. Nothing sexy about earwax, but it gets the job done.

## SONIC BOOM

As the song goes, it's all about that bass. Yes, you might turn heads as you crawl along EDSA in your decked-out whip with the wicked sound system cranked up to 11. It's a bad idea, though, if you want to keep listening to your ear candy for years to come. "You should avoid being exposed frequently to loud sounds and noise to maintain good hearing," Dr. Mejia stresses.

The National Institute of Deafness and Other Communication Disorders also reports that "excessive exposure to loud noise can have a devastating effect on the sensory cells in your inner ear, causing the stereocilia—the normally upright filaments sprouting from their tops—to be sheared off at the tip, to droop like a dehydrated daffodil, or to be wiped out entirely, depending on the noise level."

### THE FIX: Keep It Down

Headphones and ear buds help shut out the world when you're concentrating on your bicep curls, but remember to keep the volume down. "If the person next to you can hear even a faint sound coming from your headset, then your volume is considered loud," cautions Dr. Mejia. And remember, loud noises don't only come from your headphones. Heavy equipment, construction work, loud traffic, and noisy environments all fit the bill. Make sure to have quiet moments every day to keep your stereocilia healthy. ■



## CLEAN 'EM CANS

Earwax does its job by trapping dirt before it affects the ear canal. But it can also get impacted if improper cleaning methods are employed. "The complications from cerumen impaction can be painful and ongoing, including infections and hearing loss," says Peter Roland, M.D., chairman of the Department of Otolaryngology—Head and Neck Surgery, and professor of neurological surgery, both at the University of Texas Southwestern Medical Center in Dallas. Try this safe home remedy to keep your earwax in check.

1. With your head tilted to one side, pour a few drops of baby oil into your ear canal. Plug the ear canal with a piece of cotton and bring your head back up. Let the oil seep into the wax for a few minutes to soften it.
2. Tilt your head over a sink or basin and remove the cotton to let the oil drain out of your ear.
3. With you head tilted, use a syringe with warm water to gently flush your ear out. Continue flushing as necessary. Dry off with a clean towel.



## BE COLOR CONSCIOUS

Research published in the *Journal of Experimental Psychology* found that the colors you look at can affect your behavior and your work output. In that case, it's best to fill your environment with the right colors. To start your day in the right hue from



the feet up, look to the new BucketFeet kicks to brighten up your perspective. BucketFeet shoes are sure to stand out thanks to their bold and bright designs. Made with a premium canvas and massage bubble insoles, these kicks prove that style and comfort go hand-in-hand. Find BucketFeet products that suit you by visiting their stores in Alabang Town Center, UP Town Center, Glorietta 3, and Trinoma Mall.



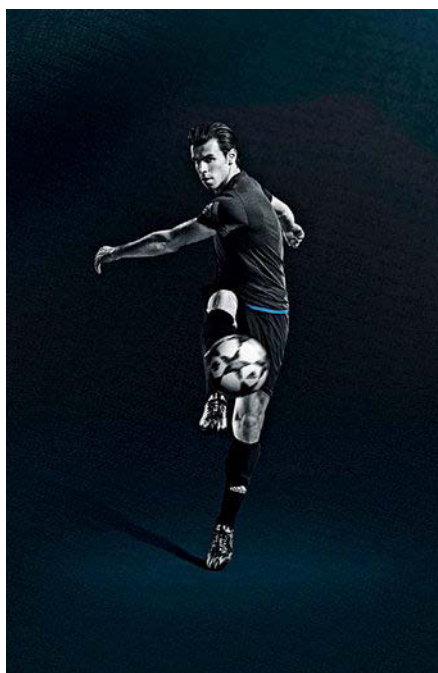
## GET FIGHTING FIT

The UFC's recent Manila event drew an attendance of 13,446 people, according to UFC Asia executive Kenneth Berger—proof of the growing popularity of MMA here. The sport is also gaining ground as a way of getting fit, thanks to facilities like Safehouse MMA and Fitness Gym along Quezon Avenue.

This gym offers lessons in boxing, Muay Thai, MMA, wrestling, Judo, no-gi Brazilian Jiu-jitsu, and Capoeira. It also offers conditioning programs like FightForm and Caveman, which are HIIT classes based on martial arts movements and bodyweight exercises, respectively. With world-class trainers and coaches, Safehouse MMA will get you in fighting condition in no time. Learn more by visiting [www.facebook.com/safehousemanila](https://www.facebook.com/safehousemanila).

## STAY VERSATILE

According to James Sullivan's book *Jeans: A Cultural History of an American Icon*, jeans have gone from mining apparel to worldwide popularity. After all, a good pair of jeans can be rugged and rebellious but also stylish and sophisticated. Want to see the versatility of this style staple? Then check out the latest clothing brand to hit Philippine shores: Jeanswest, the second largest casual wear brand to rapidly expand throughout Asia. This Australian brand is introducing their line to the Filipino market while carrying its brand philosophy of youthful spirit and casual lifestyle dressing. Check out their latest pairs at select Robinsons Department Stores.



## LEARN TO CHILL

Exercising outdoors can be pretty tough thanks (or no thanks) to our hot and humid weather. One smart move to beat the heat while training would be to rock adidas Climachill apparel, which features intuitive heat management technology to cool athletes in hot conditions. It employs industry-first 3D aluminium-cooling spheres, which provide a cooling sensation upon contact. Climachill also has SubZero flat yarn—which contains titanium—to boost its cooling capacity. Get yours at [shop.adidas.com.ph](https://shop.adidas.com.ph) or at adidas stores nationwide.



## KEEP IT COMFY

Many people suffer from foot problems like plantar fasciitis or achilles tendonitis—conditions that require medical attention. One foot problem you can fix on your own is discomfort. Poorly fitted shoes can cause blisters and calluses on your feet due to repeated friction and pressure, but you can keep your dogs pain-free with comfy kicks like the ones from Sanuk. Their latest collection of no-frills footwear marries form and function without compromising innovation or comfort. It also provides Sanuk's signature experience of fun, function, and style, which come along with the footwear's promise of ultimate comfort. Find your own pair at Sanuk shops nationwide or at [www.facebook.com/SANUK-Philippines](https://www.facebook.com/SANUK-Philippines).



DATA BOMB

# Do Action-Hero Workouts Really Build Muscle?

It's **blockbuster season**, that plot-twisty time when action heroes pump up to make an athletic comeback, win the girl, or save the universe from a megalomaniac doctor named Doom. (You know, the usual.) Cue the workout montage! Just don't try the same routine at home. We asked several MH training advisors and fitness pros to rank some of the most famous movie workouts by practicality and true fitness benefit. Use these lessons to kickstart your own comeback. You might even win the girl! —RACHEL SWABY

# Uncommon Knowledge

THE INSIDER'S GUIDE TO EVERYTHING

## Rocky

Running around busy streets won't help you hit hard round after round. Instead, perform these moves for 30 seconds with no rest in between: jumping jacks, mountain climbers, squat jumps, push-ups, skater jumps, and side planks (holding each side 15 seconds). Rest 2 minutes. That's 1 cycle. Do 3 to 5. Then crush Creed.

## The Karate Kid

Washing four cars in an afternoon would torch your core and shoulders, sure. But that's hard to do if you're a one-ride guy. Cleaning and detailing your own car should take about an hour and burn 500 calories. Unless you want to spring for a second car or drive through the mud a lot, you're probably better off joining a gym.

## Forrest Gump

Going for a transcontinental three-year run? That's tough to schedule. If you're a novice jogger and want to eventually tackle longer distances, you'll need to build stamina slowly. Try jogging two or three days a week at half the mileage you think you can handle. When you're feeling comfortable, add 10 percent more distance.

## The Mask of Zorro

Dashing across rooftops to escape the soldiers of an oppressive overlord is one way to hone fancy footwork. Or you could sign up for a parkour class to learn the best ways to jump, spin, and flip safely under proper supervision. Check out Ninja Academy ([ninjaacademy.ph](http://ninjaacademy.ph)) and get your flow on.

## The Lego Movie

Doing six jumping jacks isn't a "micro" workout. For true results, you'll need to go a little bigger. Here's how to improve your fitness in 10 minutes: Jog for 2 minutes to warm up, then sprint as fast as you can for 20 seconds, then rest for 2 minutes. That's 1 set. Do 3 sets with a 3-minute cooldown. Everything is awesome!

## G.I. Jane

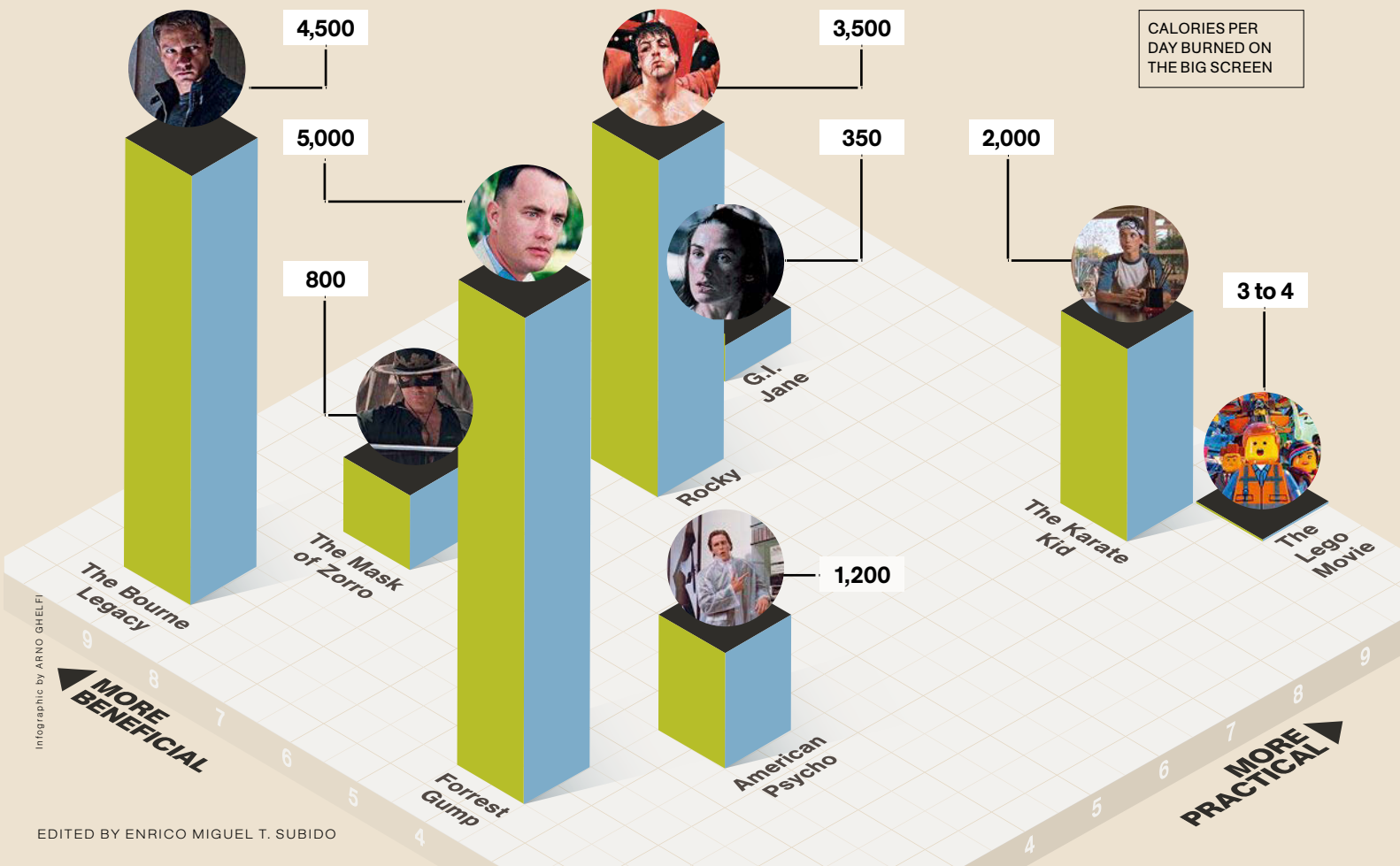
Repeating non-stop rounds of chin-ups is military-grade boring. So mix it up with this ladder routine: Do 1 repetition; rest for 30 seconds. Then do 2 repetitions and rest for 30 seconds. Next do 3 reps and rest for 30 seconds. Continue up this ladder. Once you're unable to complete a "rung," work back down in the same manner.

## The Bourne Legacy

Trekking the Alaska backcountry isn't the most practical way to prove how tough you are. Try rocking an obstacle race like *MH's* Urbanathlon for a dose of adventure. You'll be hauling yourself over walls, climbing ropes, and leaping over stuff. Train by alternating between our *G.I. Jane* and *Forrest Gump* suggestions.

## American Psycho

Jumping rope endlessly and doing crunch after crunch is not only psycho but pointless. If you want a toned physique, just flip to "Pack Your Back" on pg. 90. Hit these oft-ignored muscles and look crazy good, whatever the situation.





## UNCONVENTIONAL WISDOM

### FATAL ATTRACTION: What to do when *lamoks* love you

**Smell so good, even mosquitoes can't resist you?** The indictable aromas: carbon dioxide, which some people naturally produce and exhale more of, and lactic acid, which builds up after a tough workout, says Jonathan Day, Ph.D., a professor of medical entomology at the University of Florida. In addition to being supersniffers—*lamok* can smell humans from about 60 feet away—these pests also possess highly evolved heat sensors. That means if your body temperature runs in the above-normal range, they'll be mothlike in their attraction to you. Follow these tips to keep the mozzies at bay:

1. Try moving into the shade (to lower your body temperature).
2. Adjust your wardrobe. Wear light colors in the daytime, and darks at night so mosquitoes have a harder time spotting you
3. Talk less (to reduce the CO2 you're spewing).
4. Bust out the bug spray. Try Human Nature's 100% Natural Bug Shield (P99.75) and enjoy protection using all-natural citronella oil



Suede shoes need a special kind of love. Take it from Peter Schweiger, managing director of James Taylor & Son bespoke shoe making, and invest in the following: suede shoe protector spray, some crêpe rubber (a pencil eraser will do), a good suede brush, and sturdy shoe trees.

### LEATHER SHOE CARE FOR ALL SEASONS

BY MELISSA G. BAGAMASBAD

Your leather shoes are staples in the game of power dressing. Comfortable, classic, and dapper, they help make you look classy—be it during corporate occasions or your own wedding. But rain and leather shoes don't mix well. We've asked Trisha Cruz-Cuason, owner of Vintage Restore, for tips on how to ensure your shoes power through the stormy weather.

1. Always clean and shine your shoes before wearing them. Make sure they don't look worn out.
2. Shoe trees are a godsend because these can maintain your footwear's form. Men's shoes easily get deformed, and shoe trees are your best defense against this.
3. Waterproof your shoes with mink oil or a wax-based polish.
4. Naturally, wear your most expensive pair with caution, and wear the right type of shoes for the weather. Don't put on your suede or nubuck pair when it's raining because these sop up water.
5. Moisturize your shoes using leather conditioner.
6. Stuff your shoes with small towels if the insides are wet. Newspaper works, too.

VINTAGE RESTORE CAN BE FOUND ON THE LOWER GROUND FLOOR OF THE PODIUM, ORTIGAS CENTER, MANDALUYONG CITY; SECOND FLOOR OF DONA CONSOLACION BUILDING, JUPITER STREET, MAKATI CITY; AND SECOND FLOOR OF BELLITUDO BUILDING, KATIPUNAN AVENUE, WHITE PLAINS, QUEZON CITY. CONTACT THEM AT 631-6177 OR (0915) 400-4105.





## Shades of Difference

DAVE BARTON, FOUNDER OF EYEWEAR BRAND DAVID KIND, MATCHES SPECS TO YOUR SKIN TONE.



### A PALE

Go with an olive green or a light to medium brown, Barton says. These tones provide just enough contrast without being dramatic.

### B RUDDY

Greys and blues look best and even on reddish skin. Steer clear of frames that are too bright or neon—they'll make you look flushed.

### C TAN/OLIVE

Try some bold colors or tortoiseshell patterns that will contrast with your skin tone. Translucent frames also look good on dark skin.

### D DARK

Translucent neutrals like taupe or beige are a modern option, but solid-black frames are always a classic go-to look, Barton says.

Karaoke dates are fun and all, but don't play games if you wanna be dating for real. "You will get further in less time in finding a relationship if you allow yourself to be genuine," reports the Cognitive Therapy Associates group. So belt it out: and you don't have to pretend that you really, really love Taylor Swift.



## Slay It on Karaoke Night

—MELISSA G. BAGAMASBAD

Choosing songs on a karaoke date can be tricky, especially during the first few ones when you and your lady are just getting to know each other. An inappropriate song ("Birthday Sex," anyone?) could send out the wrong message and wreck the mood. Singer L.A. Ferriols says tempo is key, "and it's a plus if the lyrics are light and fun!"

She adds that if you make a good impression on your date, the song

could stick and be associated with good feelings toward you. "A song that is able to build a connection is definitely ideal," she recommends. Here are five MH-approved karaoke date songs:

#### 1. "Wannabe" by Spice Girls

Now, you may not want to belt out a girl-band track, but L.A. says this song is fun and flirty enough—and a good choice for a group date.

#### 2. "Fallin' for You" by Colbie Caillat

It's a light and breezy tune you can sing when things are headed in that direction.

#### 3. "Time of Our Lives" by Pitbull featuring Ne-Yo

This

fun, upbeat track will get everyone dancing. (If you're feeling bold, go for Ne-Yo's "Let Me Love You." #kiddingnotkidding)

**4. Any Disney song** Everyone knows these feel-good numbers, and they're great icebreakers to boot. Try "A Whole New World" from Aladdin or "Love is an Open Door" from Frozen—duets provide the chance to have more interaction.

#### 5. "Ligaya" by The Eraserheads

Perform this when you're openly courting your lady and have declared your intentions. This upbeat, humorous OPM classic is a sweet way to let your date know about the sincerity of your intentions.

## SAVOR THE GLORIOUS, CRISPY SKIN

The chicken's skin is quite possibly the tastiest part of the entire bird. Once the fat is rendered out, the remaining connective tissue and protein crisps and turns golden brown. One bite will silence your skepticism.

### Cook

First, save up the skin from several chickens—it freezes well, and making one big batch is easier. Place the skin on a baking sheet lined with parchment paper and add salt and pepper. Cover with another sheet of parchment and then stack another baking sheet on top of that. Roast the skin at 350°F till browned and crispy, 20 to 30 minutes.

### Enjoy

While the crisped skin is still warm, dust it with smoked paprika, chile powder, or Chinese 5-Spice powder. Or, you can crumble the chips and add to green beans or salads. Oh, and keep any grease—you can use the fat to sauté potatoes (or cook more chicken).

### Quit Feeling Guilty

Won't this stuff give me a big fat heart attack? The skin may be high in saturated fat, but it isn't the heart slayer that scientists once thought it was. The skin from half a chicken has about 287 calories and 11 grams of protein. By contrast, those 24 Doritos Cool Ranch chips have 300 calories and 4 grams of protein.



**THE GOLDEN LAUNDRY RULE:**  
"Never mix whites with colors."



## Master Sabaw Hits

— MELISSA G. BAGAMASBAD

**Making soup from scratch (nope, no Campbell's in a can this time) is really** simple and easy. "The key is to season it correctly," reveals Gino Gonzalez, executive chef and president of Buenisimo by Cafe Ysabel, and executive vice president and culinary arts director of the Center for Asian Culinary Studies. "When all else fails, you can puree sautéed or blanched vegetables with chicken stock and, if calories permit it, some cream."

Chef Rolando Laudico of Bistro Filipino and BFast shares that the best soups are made from chicken, beef, pork, or seafood stock. "It takes a bit of time to make

these stocks but it's all worth it," he says. "For chicken stock, use native chicken, which gives a tastier broth. For meat, use parts that have lots of bones, cartilage, and a bit of flesh. For seafood, use fish bones, prawn heads, and even clams or mussels. Add aromatic vegetables like onions, carrots, celery, and other root vegetables, or herbs."

With a good, flavorful stock, you can pretty much whip up any kind of soup imaginable. Follow Chef Gonzalez's recipes for simple but amazing soups.

## KEEP YOUR DUDS FRESH

BY MELISSA G. BAGAMASBAD

Guys are almost always accused of wearing clothes that are stained and *amoy pawis*, especially after a hard day at the office and going through the rush-hour commute. Just how do you keep your clothes smelling fresh? Roland Magalang, vice president of Bergamo Luxe and Bespoke Menswear, provides these tips:

1. Never send your clothes to a laundry service that dries clothes using a drier—this might ruin and shrink garments. Also, using fabric softener is not advisable. Hand-washing is the best way to preserve the quality of the fabric.
2. Use high-quality detergents, especially gentle kinds that will keep clothes smelling good. As much as possible, don't bleach and soak.
3. Take clothes out of plastic dry-cleaner bags, and hang them out where they can be exposed to air. They also need some space between them; rubbing might ruin the shape and form of collars, in particular.
4. Never hang used clothes with clean ones.
5. If you are dressing for business meetings or other important events, do it after you've had breakfast. Always dress up after meals.

BERGAMO LUXE AND BESPOKE MENSWEAR IS LOCATED AT GREENBELT 5, SHANGRI-LA PLAZA MALL, AND RUSTAN'S ALABANG TOWN CENTER. CONTACT THEM AT 621-5145, 633-4502, OR 850-5532 LOCAL 132.



### POMODORO SOUP

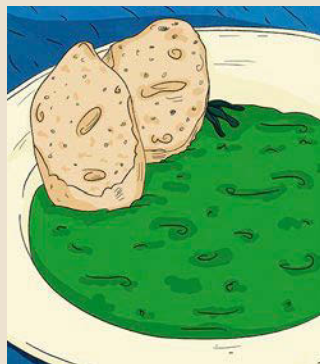
#### Ingredients:

3 tbsp olive oil  
1/2 white onion, finely chopped  
2 tsp garlic, minced  
1 can whole peeled tomatoes, deseeded and chopped  
3 tbsp cooking wine  
2-3 cups chicken stock  
1 tsp paprika picante  
1/4 tsp fennel seeds, crushed  
1/8 tsp Italian seasoning  
pinch of nutmeg  
salt and pepper

#### Directions:

1. Sauté the garlic and onion in olive oil. Add the tomatoes and cook for two minutes. Pour in the cooking wine. Simmer.
2. Add the rest of the ingredients. Boil for five minutes. Puree in a blender.
3. Pour back the puree into the pan, and season with salt and pepper.

BUENISIMO BY CAFE YSABEL IS LOCATED AT 24 SCOUT TUASON STREET, BARANGAY LAGING HANDA, DILIMAN, QUEZON CITY. CONTACT THEM AT 410-5050. BISTRO FILIPINO CAN BE FOUND AT NET 2 BUILDING, 28TH STREET CORNER 3RD AVENUE, BONIFACIO GLOBAL CITY. CONTACT THEM AT 856-0634.



### SPINACH SOUP

#### Ingredients:

1/4 white onion, minced  
1/2 tsp garlic, minced  
1/2 cup frozen spinach leaves, washed and dried  
few drops of liquid seasoning  
2 cups chicken stock  
1 1/2-2 1/2 tbsp roux (melt 1 1/2 tbsp butter and whisk in 2 1/2 tbsp flour)  
salt and pepper

#### Directions:

1. Sauté the onion in butter. Add the spinach and the rest of the ingredients.
2. Puree in a blender, and season to taste.
3. Pour back into the pan, then whisk in the roux to thicken the mixture.



### POTATO LEEK SOUP

#### Ingredients:

3 tbsp butter  
5 leek stalks (white part only), roughly chopped  
500 g potatoes, peeled and sliced  
1 cup fresh milk  
3 cups chicken stock  
1/2 cup cream  
1/8 tsp nutmeg  
salt and white pepper  
1/4 tsp minced parsley, chives, or scallions

#### Directions:

1. Sweat leeks slowly in butter for about 10 minutes. Make sure not to brown them.
2. Add the potatoes, chicken stock, fresh milk, and half a teaspoon of salt. Simmer for about 20 minutes or until the potatoes are tender. Season with salt and pepper to taste.
3. Puree in a blender with cream.
4. Pour back into the pan and adjust seasoning if needed. Garnish with minced parsley, chives or scallions.



Beer promotes creativity, according to a study in the journal *Consciousness and Cognition*. When 40 male test subjects watched a movie while completing verbal puzzles, beer-buzzed guys with a blood alcohol content of .075 solved the problems a few seconds faster than their sober counterparts.



## Take a Shot at Beating Cancer

There are the photos you post on Snapchat, and then there are the skin pics you should share with one person only: your dermatologist. "A baseline set of full-body medical photographs can help you and your doctor monitor your moles for signs of cancer," says Adnan Nasir, M.D., Ph.D., a clinical professor of dermatology at UNC Chapel Hill. "I recommend it for people with a family history of skin cancer or who have lots of moles." Discuss a possible photo op with your doctor. If he or she thinks it's worthwhile, you'll be given a scrip for the shoot. Also talk to a dermatologist, who can give you more info on skin health and how to maintain it.

Expert Advice from **Adnan Nasir, M.D., Ph.D.**

### 1

#### Pull Down All the Shade

"I compete in triathlons to stay fit but am wary of sun damage. I run on shaded trails, always wear a hat, and protect my face with wraparound sunglasses, which can cut the risk of cataracts and skin cancer around your eyes. My Oakley shield sunglasses have non-slip nose pads and earpieces."

### 2

#### Eat for Your Epidermis

"A Mediterranean diet can reduce your risk of all kinds of ailments, from acne to melanoma. The antioxidants in produce and the omega-3s in olive oil and fatty fish reduce inflammation and repair DNA. I eat this meal twice a week: grilled salmon on mesclun greens, strawberries, goat cheese, and walnuts."

### 3

#### Learn to Handle Reflection

"I devote 20 minutes a week to looking back seven days, looking at the now, and looking ahead seven days. This helps me gauge what went well and what could have been done better—for my work, relationships, and training. It's thinking, planning, doing, evaluating, recalibrating—rinse, repeat, weekly."

### 4

#### Run a Winning Screen Play

"I prefer SPF 30 sunscreens that are water-resistant, rub-resistant, and not too greasy, like Blue Lizard, Coppertone Sport, and CōTZ. I also take Heliocare supplements. They have an antioxidant that can prevent and even reverse sun-related UV damage, according to University of Miami research."

## Make Winning Beer Cocktails

—MELISSA G. BAGAMASBAD

The thought itself—mixology and beer—sends shivers down any beer snob's spine. But creating beer cocktails is fun, especially if you want to impress the ladies. For a successful mix, professional bartender Franz Tecson shares these tips: "Make sure the tools used for mixing are 100 percent clean, and always make the correct measurements. Also, know the person who will drink your cocktail. A little bit of chitchat will do this, so you know if you have to modify your ingredients." And as always, drink moderately.



#### Cocktail: Earthquake Instructions:

Put ice in a tall glass and fill it halfway with beer. Add one ounce of gin and one ounce of Blue Curacao. Splash in some pineapple juice, then top up with Sprite or 7-Up.

#### Cocktail: Blue Bomb Instructions:

Fill one jigger with vodka. Pour beer into a tall glass or a zombie glass. Drop the jigger upside down into the glass, then splash in some Red Bull.



# TOOLS OF THE TRADE

**T**he most effective workouts demand the right equipment. Whether it's the gear, the weights, or the machines, complete workouts need only the best. That's why Men's Health Philippines teamed up with Chris Sports for the Training Combine. The challengers that walked away improved by the Men's Health Training Combine owe the experience to both the training of the fitness professionals and the exceptional equipment that was used for the event. Without the right gear, an event of this scale and intensity would be impossible. One can never neglect the importance of quality sporting equipment when you embark on a fitness challenge. The right gear is crucial to leading an active lifestyle.



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YOU WANT  
TO LEAD A  
FULL LIFE,  
YOU SAY.  
WELL, FEAST  
YOUR EYES  
ON THE  
FRESHEST  
AND LATEST  
WAYS YOU  
SHOULD LIVE  
(AND EAT) BY

On the Menu:

► **HEALTHY DISHES  
USING THE HIPPEST  
INGREDIENTS ,**  
P 42

► **THE BEST FOODS  
FOR MEN,**  
P 43

► **OUTSMART SNEAKY  
RESTAURANT TRICKS,**  
P 48

Photograph by  
(Opening Page) Westend61

# EAT DRINK, AND LIVE!

## THE 2015 MEN'S HEALTH GUY FOOD GUIDE



# The New Dude Food



MOVE OVER, KALE AND QUINOA. NEW TRENDY INGREDIENTS ARE HITTING THE MAINSTREAM—AND THEY'RE DELIVERING A ONE-TWO PUNCH OF FLAVOR AND HEALTH BENEFITS. FROM AGE-ERASERS TO ENERGY BOOSTERS, WE'VE GOT THE LOWDOWN ON THE TRENDIEST AND HEALTHIEST STUFF YOU SHOULD EAT RIGHT NOW

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By **Anna Felipe**  
Photographs by **Aldwin Aspillera**  
Recipes by **David Cruz**  
and **Paul Samson of The Cookery Place**  
Food Styling by **Regine Rafael**

FOOD CRAZES ARE LIKE REALITY TV CONTESTANTS: RELEVANT FOR A SEASON, UNTIL THEIR POPULARITY PREDICTABLY WANES. SURE, THESE FOOD *DU JOUR* SEEM UBIQUITOUS—WITH VARIOUS REINCARNATIONS IN COUNTLESS RESTAURANTS—BUT THE

TRUTH IS, THEY RARELY BECOME STAPLES IN THE PINOY PANTRY. BLAME IT ON THEIR HEFTY PRICE TAGS AND UNAVAILABILITY IN THE LOCAL MARKET. AND HONESTLY, WHEN WAS THE LAST TIME YOU CRAVED FOR QUINOA?

ENTER A NEW BREED OF TRENDY INGREDIENTS. NAMED BY TOP CHEFS, INFLUENTIAL RESTAURATEURS, AND MARKET RESEARCH FIRMS, THIS YEAR'S BATCH OF WONDER PRODUCTS IS MORE AFFORDABLE, AND MARKS A RETURN TO AGE-OLD TRADITIONS. THANKS TO ONE OF THE FEW TRENDS THAT'S HERE FOR THE LONG HAUL—YES, HEALTHY EATING—THESE INGREDIENTS ARE GAINING STREET CRED AS WORTHY ADDITIONS TO YOUR DIET.

MORE GOOD NEWS: THEY'RE SO EASY TO SCORE. PLUS, THERE'S AN UNDENIABLE BUZZ THAT THESE CAN SPICE UP ANY OLD DISH, INSPIRE THE HEALTH-CONSCIOUS, AND BECOME NEW FAVORITES OF BOTH DINERS AND HOME COOKS. READY TO RIDE THE WAVE OF THE LATEST FOOD TRENDS? TRY THESE FIVE EASY RECIPES THAT'LL UNLEASH THE CONVERT IN YOU.





NORI PESTO GIVES AN EARTHY FLAVOR TO THE OCTOPUS

## SEAWEED

The Japanese—particularly the Okinawans—may have discovered the elixir of eternal youth. Known as the people with the longest documented lifespan (think centenarians with remarkably clean arteries and low cholesterol levels), residents of the island credit their diet as one of the secrets to their longevity. And research, including the Okinawan Centenarian Study, backs this up. The time-halting superfood they're noshing on? Seaweed.

"It contains iodine, which keeps your thyroid healthy and energy-boosting hormone levels optimal," says Faith G. Nacional, R.N.D., section manager of the Weight Management Center in St. Luke's Medical Center Global City. "Some varieties are also packed with vitamin B12, iron, and omega fatty acids." Look for the words *nori*, kelp, dulse, and *wakame* on menus—they all mean seaweed. Get your fill of these awesome algae from sushi and miso soup. They're also good as toppings for salads and salmon, or sprinkled on smoothies as boosters.

► TRY THIS RECIPE:

## GRILLED OCTOPUS WITH NORI PESTO

**Serves:** 2  
**Prep Time:** 20 minutes  
**Cooking Time:** 25 minutes

### INGREDIENTS:

2 SHEETS NORI  
(AVAILABLE AT LEADING  
SUPERMARKETS AND  
JAPANESE GROCERIES)  
2 PIECES OCTOPUS  
TENTACLES (AVAILABLE  
AT KOREAN GROCERIES)

125 ML OLIVE OIL  
2 TBSP LEMON JUICE  
SALT AND PEPPER  
2 CLOVES GARLIC  
2 TBSP TAHINI

### TIP:



Use this versatile pesto sauce for pasta, as a dip for vegetable sticks, or as a sandwich spread.

### HOW TO MAKE IT

1. For the pesto, process the nori, olive oil, lemon juice, garlic, and tahini in a food processor or blender. Season with salt and pepper to taste. Set aside.
2. Boil the octopus in salted water until tender.
3. Thread the octopus onto skewers, and grill over high heat until tender, about 2 to 3 minutes.
4. Serve immediately with nori pesto as the dipping sauce



# BONE BROTH

The caveman lifestyle, made popular by Paleo dieters, isn't going extinct anytime soon. It's even gaining more attention now, care of a recipe that dates back to the Stone Age: bone broth. *The Future 100*, the annual trends report by market analysis firm J. Walter Thompson Intelligence, has named it a top food craze for 2015. And everyone, from Kobe Bryant and LeBron James to popular Filipino-British bloggers and wellness advocates Jasmine and Melissa Hemsley, tout it as liquid gold. And they're onto something.

"Bone broth is a source of minerals like calcium, phosphorus, magnesium, and potassium," enumerates Nacional. Enthusiasts swear by both its nutritional value (it's packed with nutrients that aid in joint and muscle recovery and reduce inflammation, and with collagen and keratin that promote healthy skin and hair) and flavor (the Hemsley sisters say it's an awesome addition to soups, sauces, and stews).

Make yours by simmering animal bones—cow, chicken, or fish—with vegetables, water, and a dash of apple cider vinegar or lemons, over a 6-to-24-hour period. Remember to get the animal bones from a reputable butcher or supplier. A healthy animal is key to the nutrients the broth can provide you.

► TRY THIS RECIPE:

## SOBA NOODLES IN CHICKEN BROTH WITH DUCK AND HOISIN AIOLI

**Serves:** 2

**Prep Time:** 25 minutes

**Cooking Time:** 30 minutes

### INGREDIENTS:

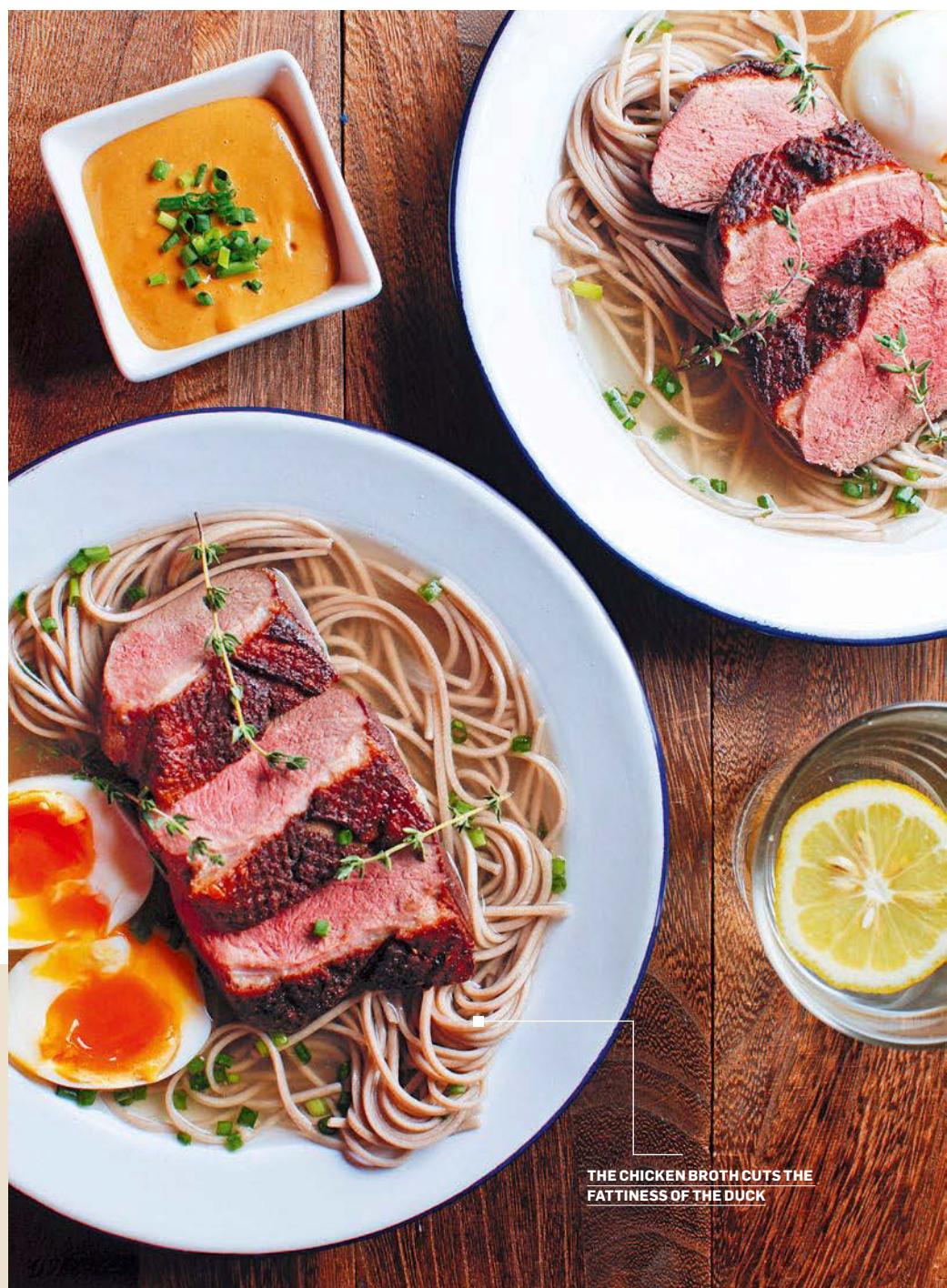
**1** DUCK BREAST  
**50 G** SOBA NOODLES  
SALT AND PEPPER  
CHINESE FIVE-SPICE  
POWDER

### FOR THE HOISIN AIOLI:

**2** TBSP HOISIN SAUCE  
**4** TBSP JAPANESE  
MAYONNAISE

### FOR THE SOUP:

**2** CUPS CHICKEN  
BONE BROTH  
**2** SOFT-BOILED EGGS,  
SLICED IN HALF



THE CHICKEN BROTH CUTS THE  
FATTINESS OF THE DUCK

### HOW TO MAKE IT

1. Preheat the oven to 350°F.
2. Season the duck breast with salt, pepper, and Chinese five-spice powder. Sear the meat skin side down until golden-brown and crispy. Flip the meat, turn off heat, and put the duck breast in the oven.
3. Bake the duck breast for 12 minutes, or until it's medium-done. Remove from the oven and let rest for 10 minutes. Slice into half-inch strips.
4. Meanwhile, soak the soba noodles in boiling water until cooked al dente, about 8 to 10 minutes. Drain and set aside.
5. Make the hoisin aioli: Combine the hoisin sauce and mayonnaise in a bowl. Set aside.
6. Heat up prepared the chicken broth in a pot over medium heat, then transfer to a large bowl. Add the soba noodles, duck slices, and egg. Serve immediately.





GOCHUJANG GIVES A KICK OF HEAT AND ACID TO THE LIVER. IN THIS RECIPE, IT SHARES THE SPOTLIGHT WITH TWO OTHER TRENDY INGREDIENTS: LIVER AND BUTTER!

## FERMENTED FOOD

Meet your gut's new best bud: pickled and fermented food. "They're teeming with probiotics, or live 'good' bacteria that help in digestion. They can also lower the amount of 'bad' bacteria in your system that can cause infections," says Nacional.

While raw foodists have long embraced fermentation, this age-old practice is set to hit the mainstream thanks to two trends: health-conscious eating, and the rise of sour as this year's "it" flavor profile. Expect more fermented or pickled dishes to make their way to menus and shelves, reports *The Future 100*.

The easiest way to score their health benefits? Eat up that *kimchi* (so good in sandwiches and wraps) and sauerkraut (put a dollop on your steak or sausage—easy), and go for fermented drinks like yoghurt and kefir. "Other sources include miso, which contains potassium; tofu and tempeh, which are also good sources of protein. All three deliver calcium, phosphorous, iron, potassium, and dietary fiber, too," adds Nacional.

► TRY THIS RECIPE:

## SEARED VEAL LIVER WITH GOCHUJANG BUTTER AND CAULIFLOWER PUREEO

**Serves:** 2 to 3

**Prep Time:** 20 minutes

**Cooking Time:** 30 minutes

### INGREDIENTS:

**250 G VEAL LIVER**

**1 TBPS GOCHUJANG**  
(KOREAN RED CHILI  
PASTE MADE WITH  
FERMENTED SOYBEANS  
AND GLUTINOUS RICE)

**2 TBSP BUTTER, SOFTENED**

**100 G CAULIFLOWER**

**30 G CREAM**

**SALT AND PEPPER**

### CHEF'S TIP:



The gochujang butter also goes well with roasted or grilled pork tenderloin.

### HOW TO MAKE IT

1. Sear the liver for two minutes per side. Let rest for five minutes; set aside.
2. Combine the butter and gochujang in a bowl, then form the mixture into almond shapes using a spoon. Chill.
3. Simmer the cauliflower in water for 10 to 15 minutes or until tender. Transfer in a blender and puree.
4. Add the cream to the puree. Season with salt and pepper to taste.
5. To assemble: Simply plate the cauliflower puree, liver, and gochujang butter.



# OFFAL

There's nothing wrong with sticking to the classic cuts of meat. But the culinary world is now paying more attention to the odd, unsung bits.

Offal, or literally "off fall," refers to pieces that fall from a carcass when it is butchered (heart, liver, lungs, tripe, kidney, spleen, entrails) and extremities (like the tail, feet, head, brain, tongue, and ears) of an animal. At the recent Australian Hotels Association–Western Australia Hospitality Conference, top chefs revealed the main reason offal is poised to become big: the need for cheaper, more sustainable sources of meat.

"Cheaper cuts can bring the menu prices down and address food wastage and environmental concerns—all while giving dishes interesting flavors and textures," notes Paul Samson, chef and co-owner of The Cookery Place in Taguig.

On the nutrition front, offal is quite the powerhouse. "It's a great source of protein. The most well-known parts, like the brain, heart, liver, and tripe, have a similar calorie content to lean meat cuts—around 100 to 150 calories per 100 grams," reveals Nacional. "These parts also contain higher levels of vitamins A, C, and B12, and minerals like folate and iron."

Word of warning, though: Offal contains a higher concentration of purine, from which uric acid derives. "Enjoy offal in moderation," Nacional cautions. "If you're dealing with health conditions like gout or elevated cholesterol level, better steer clear of these protein products, and consult a nutrition expert for the best diet for you."

► TRY THIS RECIPE:

## PIG EAR SALAD

**Serves:** 2

**Prep Time:** 15 minutes

**Cooking Time:** 25 minutes

### INGREDIENTS:

**250 G PIG EARS, SLICED INTO STRIPS**

**50 G ARUGULA**

**50 G LETTUCE**

**8 CHERRY TOMATOES, HALVED**

**100 G GOAT CHEESE, DICED**

**8 GRAPES, HALVED**

**50 G WALNUTS, TOASTED**

### FOR THE RED-WINE VINAIGRETTE:

**100 ML RED WINE, REDUCED**

**30 ML VINEGAR**

**30 ML HONEY**

**125 ML OLIVE OIL**

**SALT AND PEPPER**

### HOW TO MAKE IT

**1.** Boil the pig ears in salted water for 20 to 25 minutes or until tender. Drain, then deep-fry until crispy. Set aside.

**2.** Make the red-wine vinaigrette: Combine the red wine, olive oil, and honey, then season with salt and

pepper to taste. Set aside.

**3.** In a large bowl, add the arugula, lettuce, cherry tomatoes, grapes, goat cheese, walnuts, and crispy pig ears. Drizzle with red-wine vinaigrette, then serve.



PIG EARS GIVE AN ADDED CRUNCH TO THE VEGGIES



CRISPY PROSCIUTTO ADDS A CRISPY TEXTURE AND SLIGHTLY SALTY FLAVOR THAT COMPLEMENTS THE CREAMY PANNA COTTA



► TRY THIS RECIPE:

## MATCHA PANNA COTTA WITH CRISPY PROSCIUTTO AND SAUTÉED MELON

## MATCHA

The Japanese are at the forefront of yet another trend. Matcha—finely milled green tea—has long been a staple in their diet, and is now making waves in other parts of the globe. “Matcha is packed with catechins, a type of antioxidant that helps fight free radicals and aid in strengthening the immune system,” explains Nacional.

Studies also show that one glass of matcha tea is equivalent to 10 glasses of regular green tea in terms of nutritional value and antioxidant content. A cool bonus: It tastes great, too. The powder can also be used for baking.

**Serves:** 2

**Prep Time:** 15 minutes

**Cooking Time:** 15 minutes

### INGREDIENTS:

½ TBSP GELATIN POWDER

1 TSP VANILLA

1 CUP CREAM

½ CUP MILK

¼ CUP SUGAR

2 TBSP COLD WATER

1 TBSP MATCHA POWDER

100 G MELON, DICED

50 G PROSCIUTTO

### CHEF'S TIP:



Cut the calories from this dessert by omitting the prosciutto. You can swap out the melons for fresh berries, too.

### HOW TO MAKE IT

1. Bloom the gelatin in cold water for five minutes.
2. In a saucepan over low heat, stir the cream, milk, vanilla, and sugar until smooth. Add the bloomed gelatin and matcha.
3. Transfer the gelatin mixture into small ceramic or glass bowls, like a 4-inch-wide, 1-inch-deep ramekin. Cover with plastic wrap, and refrigerate for four hours.
4. Fry the prosciutto until crispy. Set aside.
5. Sauté the melon. Set aside.
6. Serve the panna cotta with crispy prosciutto and sautéed melon. ■



# THE 80 BEST FOODS FOR MEN



YOU NEED NOT BE WEALTHY TO EAT HEALTHY. UPDATE AND UPGRADE YOUR GROCERY LIST WITH THESE WINNING PICKS.

BY OMAR GLENN D. BELO • PHOTOGRAPHS BY MIGS CASTRO  
LAYOUT BY DIEGO GARCIA



OFFICIAL SUPERMARKET PARTNER: ROBINSONS SUPERMARKET, FORUM ROBINSONS

## KEY



**MUSCLE BUILDER**  
Contains 8 or more grams (g) of complete protein per serving



**HEART HELPER**  
Contains whole grains, monounsaturated fats, or omega-3 fatty acids



**STOMACH FILLER**  
Contains 5 g or more of fiber per serving



**GUT SHRINKER**  
A healthier version of a typically high-calorie food



**CANCER FIGHTER**  
Contains disease-fighting antioxidants



## Breads and Grains

### 1. BEST CEREAL Dorset Cereals Simply Delicious Muesli

No added sugar means you get the full benefits of muesli without the excess calories.

Per Serving: 200 calories, 37 g carbs (4 g fiber), 6 g protein, 5 g fat



### 2. BEST BREAD Walter Weight Control Bread

Contains 25 percent less fat and has 4 times the fiber of your usual bread.

Per Serving: 150 calories, 30 g carbs (4 g fiber), 6 g protein, 1.5 g fat



### 3. BEST INSTANT OATMEAL Quaker Instant Oatmeal Original

Eating oats improved men's libidos in eight weeks, says a study at the San Francisco Institute for Human Sexuality.

Per Serving: 133 calories, 20 g carbs (3.4 g fiber), 4.3 g protein, 3.2 g fat



### 4. BEST WHOLE-WHEAT BREAD Gardenia High Fiber Wheat Raisin Bread

With every tasty bite comes the highest fiber content among wheat breads available.

Per Serving: 113 calories, 22 g carbs (9 g fiber), 4 g protein, 1 g fat



### 5. BEST PANDESA Healthy You Wheat Pandesal

Pick this sugar-free pandesal with 50 percent less carbs in every serving.

Per Serving: 100 calories, 18 g carbs (2 g fiber), 4 g protein, 1 g fat



### 6. BEST WHOLE-WHEAT PASTA San Remo Wholemeal Spiral

Go with pesto or olive sauce to go easy on the calories and still get the muscle building benefits.

Per Serving: 443 calories, 86 g carbs (16 g fiber), 16 g protein, 3 g fat



### 7. BEST REGULAR PASTA El Real Healthy Spaghetti

Pasta with zero fat and malunggay bits make a winning combo.

Per Serving: 180 calories, 39 g carbs (8 g fiber), 5 g protein, 0 g fat



### 8. BEST RICE Jordan Farms Natural Foods Fit Multi-Grain

Get a mix of the healthy benefits of red, brown, and white rice in one serving.

Per Serving: 140 calories, 31 g carbs (1 g fiber), 3 g protein, 0 g fat



### 9. BEST GRAIN Urbane Grain Quinoa

This superfood is already a winner, but the smoky bacon flavor makes this fit for a champ.

Per Serving: 180 calories, 34 g carbs (3 g fiber), 5 g protein, 2.5 g fat



### 10. BEST PANCAKE MIX Maya ThinkHeart Whole Wheat Pancake Mix

Go with this heart-healthy pancake as a treat for your long, easy Saturday morning run.

Per Serving: 150 calories, 30 g carbs (5 g fiber), 4 g protein, 1 g fat



### 11. BEST ASIAN NOODLE Sapporo Long Kow Vermicelli

No wonder *sotanghon* is linked to long life: It contains zero fat and less calories than other noodles.

Per Serving: 150 calories, 38 g carbs, 0 g protein, 0 g fat





## Protein

### 12. BEST HOTDOG

#### Fisherfarms Fish Hotdog

Your mouth, your muscles, and your gut will love this high-protein, low-fat hotdog. Per Serving: 90 calories, 6 g carbs, 8 g protein, 3.5 g fat



### 13. BEST SAUSAGE

#### Century Premium Boneless Bangus Longanisa

Bangus can deliver the same muscle-building protein you seek from red meat with almost half the fat slashed in your meal. Per Serving: 205 calories, 26 g carbs, 14 g protein, 5 g fat



### 14. BEST CHICKEN

#### Bounty Fresh Chicken Pollo Primero

To guarantee the healthy goodness of free-range chicken (more protein and omega-3 than conventional ones), go with this trusted brand. Per Serving: 249 calories, 0 g carbs, 30 g protein, 13 g fat



### 15. BEST BACON

#### King Sue Mini Honey Bacon

Satisfy your bacon craving without piling in calories and fat in your gut. Per Serving: 60 calories, 4 g carbs, 5 g protein, 2 g fat



## Frozen Food

### 16. BEST POULTRY ENTRÉE

#### Bounty Fresh Top Torikatsu Cheese and Chives

The savory cheese and chives sauce adds some flavor and fiber to the already yummy katsu, made from 100 percent chicken meat. Per Serving: 300 calories, 20 g carbs, 15 g protein, 18 g fat



### 17. BEST FROZEN FISH ENTRÉE

#### Purefoods Crisp 'n Juicy Fish Nuggets

An easy-to-cook baon for the lean and healthy man. Per Serving: 100 calories, 12 g carbs (1 g fiber), 5 g protein, 3 g fat



### 18. BEST WRAP

#### Amy's Indian Samosa Wrap

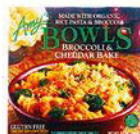
One serving gives 15 percent of your body's daily iron requirement. Per Serving: 250 calories, 35 g carbs (4 g fiber), 8 g protein, 9 g fat



### 19. BEST FROZEN PASTA

#### Amy's Bowls Broccoli and Cheddar Bake

Carbo load in minutes, and have the right mix of protein and good fat in one bowl. Per Serving: 420 calories, 44 g carbs (2 g fiber), 16 g protein, 20 g fat



### 20. BEST SANDWICH

#### Amy's Snacks Cheese Pizza

Have your pizza fix in bite-sized portions, sans the greasy fat of regular pizza. Per Serving: 210 calories, 25 g carbs (2 g fiber), 9 g protein, 9 g fat



### 21. BEST ICE CREAM

#### BTIC No Sugar Added Dark Choco and Almond

Finish a cheat meal with the right dessert that has no sugar but still packs full flavor, thanks to the dark chocolate and almond in this pint. Per Serving: 130 calories, 18 g carbs, 3 g protein, 4.9 g fat



### 22. BEST FROZEN TREAT

#### Melona Honeydew Lemon

A very refreshing low-calorie and low-fat treat that's best eaten after a long bike ride. Per Serving: 120 calories, 18 g carbs, 1 g protein, 4.5 g fat



## Dairy and Deli

### 23. BEST MILK

#### Nestle Low-Fat

Build muscle and fortify your bone strength in one glass. Per Serving: 118 calories, 12.3 g carbs, 8.8 g protein, 3.7 g fat



### 24. BEST SOY MILK

#### Vitamilk Energy

It can also double as your pre- or post-workout drink if you're lactose intolerant or you don't have time to make a protein shake. Per Serving: 217 calories, 24 g carbs, 8.3 g protein, 9.7 g fat



### 25. BEST POWDERED MILK

#### Enervon HP

With almost the same fat content as box milk but with triple the protein. Per Serving: 390 calories, 64 g carbs, 23.5 g protein, 4 g fat



### 26. BEST SANDWICH CHEESE

#### Bon Appetit Cheese Slices

Vegetarian or grass-fed cow cheese is rich in vitamin E, omega-3, and conjugated linoleic acid that's great for your heart, immune system, and blood sugar. Per Serving: 56 calories, 1 g carbs, 3 g protein, 4.4 g fat



### 27. BEST BUTTER

#### Magnolia Gold Lite

Butter helps your body absorb carotenoids—anti-oxidants found in colorful veggies. Per Serving: 80 calories, 0 g carbs, 0 g protein, 9 g fat



### 28. BEST FLAVORED YOGURT

#### Nestle Fruit Selection Yogurt

Snack on yogurt more to have your fill of potassium, calcium, and vitamin B12 that your regular meals can't provide. Per Serving: 110 calories, 20 g carbs, 1 g protein, 2 g fat



### 29. BEST PROBIOTIC

#### Yakult

Improve your body's nutrient absorption with this tiny health titan. Per Serving: 60 calories, 12 g carbs, 1.2 g protein, 0.1 g fat



### 30. BEST EGGS

#### Bounty Fresh Specialty Eggs Organic Selenium Enriched

Aside from heart-healthy benefits, these special eggs help keep some cancers at bay thanks to their selenium content. Per Serving: 70 calories, 0 g carbs, 6 g protein, 4 g fat



## Jarred and Canned Goods

### 31. BEST SOUP

#### Amy's Organic Soups Cream of Tomato

This soup is light on calories and fat but heavy on nutrients and flavor. Per Serving: 110 calories, 19 g carbs (3 g fiber), 3 g protein, 2.5 g fat



### 32. BEST BEANS

#### Amy's Vegetarian Organic Refried Beans

Serve healthy tacos or nachos with this canned superfood. Per Serving: 140 calories, 21 g carbs (6 g fiber), 8 g protein, 3 g fat



### 33. BEST TOMATOES

#### Hunt's Whole Peeled Plum Tomatoes

MH likes plum tomatoes because they have all the health goodies but aren't that messy to use in cooking or making homemade pasta sauce. Per Serving: 30 calories, 5 g carbs (2 g fiber), 1 g protein, 0 g fat







#### 34. BEST CANNED VEGETABLE

### Del Monte Mixed Vegetables

Makes for a quick side dish if you need some greens to pair with your steak dinner. Just cook with butter.

Per Serving: 45 calories, 9g carbs (3g fiber), 2g protein, 0g fat



#### 35. BEST OLIVES

### Capri Green Olives with Pimiento

Gives your pasta or salad creations a nutritious and delicious twist.

Per Serving: 41 calories, 0g carbs, 0g protein, 4g fat



#### 36. BEST PICKLES

### Moliner Pickles in Vinegar

A crisp and tangy way to add probiotics in your body.

Per Serving: 40 calories, 0g carbs, 2g protein, 0g fat



#### 37. BEST TUNA

### Century Tuna Lite

Choose this variant that has 50 percent less fat and salt compared to the regular kind.

Per Serving: 100 calories, 3g carbs, 18g protein, 3g fat



#### 38. BEST CHICKEN

### Purefoods Sexy Chix in Guiltless Broth

You only add one gram of fat per serving once you use this as a pasta or salad topping.

Per Serving: 70 calories, 7g carbs, 8g protein, 1g fat



#### 39. BEST BANGUS

### Century Quality Bangus Flakes

Bangus is rich in flavor and fat, so go easy. But it's also an underrated source of protein.

Per Serving: 148 calories, 9g carbs (2g fiber), 4g protein, 11g fat



#### 40. BEST CORNED BEEF

### Swift Premium Corned Beef

A lean and mean corned beef that carries no carbs and almost insignificant fat.

Per Serving: 60 calories, 0g carbs, 12g protein, 1g fat



## Spreads, Dips and Toppings

#### 41. BEST KETCHUP

### Heinz Tomato Ketchup

You'll find no artificial taste here, just pure tomato goodness.

Per Serving: 20 calories, 5g carbs, 0g protein, 0g fat



#### 42. BEST SANDWICH SPREAD

### Best Foods Sandwich Spread

While it contains milk, this spread has less fat and calories than other leading brands.

Per Serving: 35 calories, 3g carbs, 0g protein, 2.5g fat



#### 43. BEST MAYO

### Lady's Choice MayoLite

No time to make your own mayo? Put this in your grocery cart.

Per Serving: 60 calories, 2g carbs, 0g protein, 6g fat



#### 44. BEST STEAK SAUCE

### A1 Original

When salt and pepper is not enough, go with a classic mix that packs a lot less calories than other sauces.

Per Serving: 15 calories, 3g carbs, 0g protein, 0g fat



#### 45. BEST PASTA SAUCE

### Amy's Organic Pasta Sauce Family Marinara

Add to the nutrients of whole-wheat pasta dish with this all-natural sauce.

Per Serving: 80 calories, 9g carbs (2g fiber), 2g protein, 4.5g fat



#### 46. BEST MARINADE

### Mama Sita's Pang-Inihaw Garlic Vinegar Marinade

The best thing about this non-fat marinade: It also works great as a dip for your grilled meat.

Per Serving: 5 calories, <1g carbs, 0g protein, 0g fat



#### 47. BEST SALSA

### Tostitos Chunky Salsa

To avoid munching more than you should, stick with this fat-free variant with the right sour and spicy mix.

Per Serving: 10 calories, 2g carbs (0g fiber), 0g protein, 0g fat



#### 48. BEST FRUIT JAM

### Clara Ole Sugar-Free Orange Marmalade

You need not go with expensive and imported brands for an all-natural, sugar-free fruit jam.

Per Serving: 10 calories, 2g carbs, 0g protein, 0g fat



#### 49. BEST PEANUT BUTTER

### Peanut Butter & Co. Dark Chocolate Dreams

Dark choco and peanut butter make an unbeatable combo in the realm of sandwich spreads.

Per Serving: 170 calories, 12g carbs (2g fiber), 6g protein, 13g fat



#### 50. BEST SALAD DRESSING

### Lady's Choice Caesar Salad Dressing

Caesar salad dressing is a classic. This one packs the lowest calories per serving compared to the other brands.

Per Serving: 44 calories, 1g carbs (0g fiber), 0g protein, 4g fat



#### 51. BEST HONEY

### Kablon Farms Wild Honey

Taken from wild honey combs in Mt. Matutum in South Cotabato, it's a fresh alternative to calorie-laden pancake syrups.

Per Serving: 60 calories, 17g carbs, 0g protein, 0g fat



#### 52. BEST HOT SAUCE

### Tabasco

One drop's enough to give your post-race meal more than just a spicy kick. Capsaicin in chili peppers help with post-workout soreness.

Per Serving: 1 calories, <1g carbs, <1g protein, <1g fat



## Snacks

#### 53. BEST TORTILLA CHIPS

### Beansfields Bean & Rice Chips Salt 'n Pepper

Give your usual snack a fiber and protein boost.

Per Serving: 140 calories, 18g carbs (4g fiber), 4g protein, 5g fat



#### 54. BEST POTATO CHIPS

### Jack n Jill Calbee Potato Chips Wasabi Flavor

Sulfur compounds in wasabi are known antioxidants.

Per Serving: 160 calories, 17g carbs (1.8g fiber), 2g protein, 9g fat



#### 55. BEST CRACKERS

### Jacob's Low Sodium High Fibre Crackers

Low sodium doesn't necessarily mean cardboard flavor.

Per Serving: 139 calories, 20g carbs (1.8g fiber), 2.7g protein, 4.9g fat



#### 56. BEST DRIED FRUITS

### Champion Pitted Dried Plum Prunes

You can't snack on a lot of prunes in one sitting. So go with a resealable pack for your fruity fix of fiber and antioxidants.

Per Serving: 110 calories, 26g carbs (2g fiber), 0g protein, 1g fat



#### 57. BEST FRUIT CUP

### Dole Fruit Crisp Apple Cinnamon

Best served warm, this is an excellent option for your mid-day champorado craving.

Per Serving: 160 calories, 30g carbs (2g fiber), 2g protein, 3.5g fat





**58. BEST NUTS**  
**Healthy You Supreme Mix**

There are many kinds of nuts, each with unique benefits. This pack brings most of the goods in one mix.

Per Serving: 190 calories, 21 g carbs (3 g fiber), 5 g protein, 20 g fat



**59. BEST TRAIL MIX**

**On the Go Trail Mix with a Zing**

The runner's natural choice for an energy jolt.

Per Serving: 201 calories, 24 g carbs (4 g fiber), 5 g protein, 10 g fat



**60. BEST CHOCOLATE BAR**  
**Lindt Excellence 85% Cocoa Extra Dark**

Pair with coffee to help tame down the bitterness of this extra dark chocolate.

Per Serving: 230 calories, 15 g carbs (6 g fiber), 5 g protein, 18 g fat, 14 g fat



**61. BEST COOKIES**  
**Quaker Oat Cookies**

A low-fat and low-carb option to fill your cookie jar.

Per Serving: 126 calories, 9 g carbs (1 g fiber), 2 g protein, 4.7 g fat



**62. BEST CHIP ALTERNATIVE**  
**Simply7 Quinoa Chips**

Muscle building quinoa in chips? Digin.

Per Serving: 130 calories, 12 g carbs (<1 g fiber), 8 g protein, 6 g fat



**63. BEST GUM**  
**Lotte Xylitol**

The next best thing to brushing your teeth after lunch is to keep this gum handy.

Per Serving: 8 calories, 2 g carbs, 0 g protein



**Cooking Staples**

**64. BEST OLIVE OIL**  
**Bertolli Extra Virgin Olive Oil**

A salad-eating man needs this in his pantry, always.

Per Serving: 120 calories, 0 g carbs, 0 g protein, 14 g fat



**65. BEST COOKING OIL**  
**Magnolia Nutri-Oil**

Fortify your fried creations with vitamin A and E.

Per Serving: 135 calories, 0 g carbs, 0 g protein, 15 g fat



**66. BEST VINEGAR**  
**Mama Sita's Distilled Cane Vinegar**

Crystal clear in appearance and pure in taste. Perfect for cooking adobo, too.

Per Serving: 0 calories, 0 g carbs



**67. BEST SALT**  
**Master Chef 100% Natural Sea Salt**

All natural sea salt, with no chemical alterations, keeps intact the nutrients salt uniquely gives.

Per Serving: 0 calories, 0 g carbs, 0 g protein, 0 g fat



**68. BEST SOY SAUCE**  
**Kikkoman Less-Sodium Soy Sauce**

Less sodium, yes. Less flavor? Not really.

Per Serving: 10 calories, 1 g carbs, 1 g protein, 0 g fat



**Drinks**

**69. BEST COCONUT WATER**  
**Vita Coco Pure Coconut Water**

All the benefits of a sports drink—only with less calories and sodium, and more potassium.

Per Serving: 60 calories, 15 g carbs, 0 g protein, 0 g fat



**70. BEST SPORTS DRINK**  
**Gatorade**

You can't go wrong with the drink that the world's elite athletes trust.

Per Serving: 105 calories, 6 g carbs, 0 g protein



**71. BEST FRUIT JUICE**  
**Del Monte Bone Smart Pineapple Juice**

Chug in the fiber and vitamin C benefits of pineapple juice, with a calcium boost equivalent to 2 glasses of milk.

Per Serving: 140 calories, 32 g carbs, 0 g protein



**72. BEST BOTTLED TEA**  
**C2Green**

When in need of bottled tea, pick the one that's the least damaging to your calorie and sugar count.

Per Serving: 35 calories, 9 g carbs, 0 g protein, 0.5 g fat



**73. BEST BAG TEA**  
**Gold Leaf Jasmine Leaf Tea**

De-stress and unwind while keeping your ticker ticking.

Per Serving: 2 calories, 0 g carbs, 0 g protein



**74. BEST INSTANT COFFEE:**  
**San Mig Super Coffee Sugar-Free Strong**

Have your caffeine fix in minutes, while leaving sugar out of the mix.

Per Serving: 45 calories, 5 g carbs (1 g fiber), 1 g protein, 2.5 g fat



**75. BEST CEREAL DRINK**  
**Get Up and Go Cereal Oats Power Drink**

This cereal drink is a quick and healthy ally when hunger strikes at any time of day.

Per Serving: 130 calories, 23 g carbs (1 g fiber), 1 g protein, 3 g fat, 3.6 g protein, 1.4 g fat



**76. BEST BEER**  
**Brew Kettle**

Belgian Witbier-style beer at a very friendly price. Less calories than your regular lager, too.

Per Serving: 159 calories, 6 g carbs



**77. BEST ENERGY DRINK**  
**Cobra**

Re-energize in the middle of a long, grinding day with a drink that helps sharpen your focus, as well.

Per Serving: 180 calories, 46 g carbs



**78. BEST CHOCOLATE DRINK**  
**Milo R2**

Not a coffee- or tea-drinker? This is your go-to choice to help keep your energy up for busy afternoons in the office.

Per Serving: 97 calories, 15.4 g carbs, 2.8 g protein, 2.7 g fat, 0 g carbs



**79. BEST YOGURT DRINK**  
**Nestle Fruit Selection Yogurt Drink**

Refresh and improve your digestion with this non-fat drink.

Per Serving: 80 calories, 18 g carbs (0 g fiber), 2 g protein, 0 g fat



**80. BEST READY-TO-DRINK COFFEE**  
**Nestle French Vanilla**

Cold coffee fan? Keep this in your office ref for your easy caffeine fix.

Per Serving: 98 calories, 18 g carbs (0 g fiber), 2 g protein, 2 g fat











**EAT SMART**  
Navigate today's restaurant  
scene for a healthier you.

# WANT A SIDE OF LIES WITH THAT?

RESTAURANT SURVIVAL GUIDE



MORE THAN A HUNDRED NEW RESTAURANTS LAUNCH ANNUALLY, EACH ONE TRYING TO STUFF YOU AND THEIR BOTTOM LINES. IT'S HIGH TIME YOU LEARN HOW TO OUTWIT THEIR SNEAKY STRATEGIES

By  
**Gabriel A. Pangalangan**  
Additional Reporting by  
**Paul Kita**  
Photographs by  
**James Wojcik**





**CARBS ON THE BRAIN?**  
To fight a craving, link the food to something gross, like a cannibal's snack.



## RESTAURANT SURVIVAL GUIDE

# V

**YOUR #FOODPORN POSTS ARE GETTING MORE AND MORE APPETIZING** thanks to the rapid growth of today's restaurant industry. If you're not careful, however, something else may start expanding just as quickly: Your waistline.

Temptation is everywhere. In 2009, the Annual Survey of Philippine Business and Industry listed nearly 3,000 restaurants, bars, and canteens in the country. That number has increased tremendously since then, with about 100 new restaurants popping up each year, observes *Spot.ph* Eat + Drink Editor Sasha Lim-Uy. And that's just in Manila alone. "The economy is booming in the Philippines," she says. "People have more money to eat out and more money to put up their own food business."

Exciting times, true, but a period that is potentially worrisome if you aren't particular about where you go out for dinner. See, this boom is not without its sneakily sinister twists. Chief among these are the excess calories you're bound to take in when you eat out. After all, according to the US Department of Agriculture, you tend to eat less nutritious meals when you're dining at a restaurant.

Sure, you're allowed to slide into a sports bar after a rough week at the grindhouse that is your office, or hit up a drive-thru during a long road trip. But even if you regularly base diet decisions on what's on the menu, you can still eat healthy food.

The good news is, forward-thinking restaurateurs and chefs are wising up to customers who demand healthier options and saner portion sizes, and inquire about what's in their entrées and where they came from. Sadly, other establishments lean on crafty marketing teams to construct a facade of concern without actually making major changes on their menus.

We're here to help you decipher the difference. Learn a few key rules to shield your diet against gut bombs. Your workweek lunches *can* become health-conscious meals. And family food trips *can* become opportunities to treat yourself, guilt-free. Bonus: You may just transform your body, too.

### HOW I DINE OUT



**Sasha Lim-Uy**

This *Spot.ph* editor eats out for a living. Maximize your dining experience by following her lead

#### 1 / SKIP THE LINE

A long line outside a resto may be a sign that their food is good—or it could be a sign that you should eat somewhere else. "I avoid having to line up. There are too many good options out there to have to wait for food."

#### 2 / WALK ON THE WILD SIDE

Sticking with your favorite dish every time is a safe move, but remember: There's an entire menu waiting to be explored. "I always choose something random on the menu. That's the only way to know if a place is really good."

#### 3 / AVOID THE CROWD

"Some really popular restaurants don't allow reservations. Avoid peak hours by having lunch at 2 PM, for example." This way, you up your chances of getting a table and enjoying your meal. Just make sure you don't starve yourself beforehand to avoid binge eating.

### EATING OUT RULE #1

## CRUSH YOUR CRAVINGS

Walk into a restaurant with a food fixation and you could over-order and overeat. Before you pick up that menu, outsmart your cravings with these tips from Lauren Gayle T. Lee, R.N.D., in-house nutritionist at Gold's Gym in Katipunan



**REFRESH** WHEN YOU'RE DEAD SET ON GETTING *LIEMPO* WITH EXTRA RICE FOR YOUR NEXT MEAL, BRUSH YOUR TEETH FIRST. THIS SHOULD CLEAN YOUR PALATE, KILLING YOUR CRAVING IN THE PROCESS.

**DISTRACT** ALL CRAVINGS PASS. DISTRACT YOURSELF FOR A WHILE (SAY, 10 TO 15 MINUTES) BY LISTENING TO A FEW OF YOUR FAVORITE SONGS OR DOING A QUICK EXERCISE ROUTINE.

**CUP UP** DRINK A CUP OF GREEN TEA. IT CONTAINS A PHYTONUTRIENT CALLED EGCG (EPIGALLOCATECHIN GALLATE) THAT INCREASES THE HORMONE CCK (CHOLECYSTOKININ), WHICH CREATES THE FEELING OF SATIATION.

**THINK SMALL** IT'S OKAY TO INDULGE ONCE IN A WHILE SO THAT YOU DON'T FEEL DEPRIVED. JUST KEEP IT WITHIN SOME LIMITS. WANT ICE CREAM? HAVE A SCOOP, NOT A PINT.

**DE-STRESS** YOU GET CRAVINGS WHEN YOU'RE TENSE, SO AVOID STRESSFUL SITUATIONS AS MUCH AS POSSIBLE. IF YOU CAN'T, PREVENT STRESS EATING BY FOLLOWING THE FOUR TIPS ABOVE.



## PICK CHAINS THAT PUSH CHANGE

Most restaurant chains aren't health havens, but the game is slowly changing. Check out these brands that are altering the way we get our healthy food fix



### KENNY ROGERS ROASTERS

This resto has proven that a chain doesn't need to rely on grease to grow. Its menu offers steamed or grilled dishes, along with salads and sandwiches, providing a healthy alternative for fast-food eaters.

**Try it at:** Scout Albano, Quezon City. They have many branches nationwide, too.



### DETOXIFY BAR

There's more to this joint than juiced vegetables. With menu items like salmon with asparagus, chicken pomodoro lettuce wraps, and high-protein salads, you'll have plenty of lunch options besides burgers with fries.

**Try it at:** McKinley Hill, Taguig City



### GREEN PASTURES

This farm-to-table restaurant is getting customers healthy with organic dishes, homemade cheeses, and vegetarian meals. Enjoy hearty meals, sans the guilt trip.

**Try it at:** 4th Floor East Wing, Shangri-La Plaza Mall, Mandaluyong City, and 3rd Floor Eastwood Mall, Libis, Quezon City



### GO! SALADS

Healthy food has to be expensive, right? Not necessarily. Go! Salads offers a hefty serving of greens with protein (like the Sgt. Steak salad) for under P100. With five branches around the metro, it's now easier (and cheaper) to eat clean, even on the go.

**Try it at:** Ground Floor Strata 2000, F. Ortigas Avenue, Pasig City

## HOW I DINE OUT



### Sharwin Tee

He's been hosting Lifestyle Network's *Curiosity Got the Chef* since 2011. His cookbook, which shares the name of his show, is available in National Book Store for P250

### 1/ GET ACQUAINTED

First time at a restaurant? Order what it's known for and make their first impression last. "If it's a steakhouse, get the steak. Try not to order a steak in a seafood restaurant. That way, you'll get the best for your first visit."

### 2/ TRY IT

Taste-test your food before asking for extra condiments like salt or pepper. "Good restaurants season their food well already, so give it a taste first. That way, you get to taste the dish the way the chef intended it to be."

### 3/ SPREAD THE LOVE

We often don't leave a tip if there's a service charge. But if you enjoyed the service, then don't just tip; tip well. "Even if there's already a service charge, the staff doesn't get the whole amount, so it'd be great to show your appreciation."









**RETOOL YOUR TASTES**  
Pad Thai can have at least 830 calories and 151 grams of carbs in a single serving.



## RESTAURANT SURVIVAL GUIDE

EATING OUT RULE #3

### HOW I DINE OUT



#### Xander Angeles

When he isn't burning calories pounding pavement with his Run365ph crew, this photog is whipping up healthy eats at Runner's Kitchen on Tomas Morato

#### 1/ SEEK ADVENTURE

Don't get stuck eating run-of-the-mill fried fare all week. Change things up and keep your eats interesting. "Try a resto you haven't tried before that offers different kinds of dishes."

#### 2/ STAY HEALTHY

It's important to fuel yourself properly, especially for sports performance. "Organic food is at the top of the list. Go for food that's cooked in a healthy way."

#### 3/ CHARGE IT TO EXPERIENCE

Don't dine out just for the heck of it. Take into account service, menu, and ambience before heading to a restaurant. "If you rarely eat out, then it has to be fun and worthwhile. Dining experience is a major factor when choosing a resto."

## DON'T LET THEM TRICK YOU

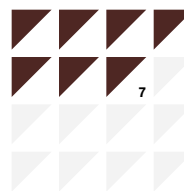
Restaurant layouts and menus can affect what and how much you order, and how much you spend, cites research by Brian Wansink, Ph.D., director of the Cornell University Food and Brand Lab in New York, and Gregg Rapp, a US restaurant consultant. Here's how to outsmart menu mendacity



### ON THE MENU

# 151

Number of additional calories consumed by people at restaurants with no calorie stats on the menu, compared with the intake of diners armed with that info, according to a 2013 Drexel University study in Pennsylvania.



Ideal number of items in each section of the menu. "The easier the menu is to navigate, the more the restaurant sells," Rapp says. Assess your hunger, then open the menu.

### 30

Percentage boost in sales of menu items when they're pictured. Restaurants often show photos of profitable items high in refined (and cheap) carbohydrates and low in costly proteins, Rapp warns.



## UPPER RIGHT-HAND CORNER

The first place you're likely to look on a menu. That's where eateries place signature dishes. Nearby are the decoy items, like the P900 surf and turf. These aren't big sellers, notes Rapp, but they make surrounding options look like bargains. Find the best deals at the bottom left of the page.



### BY THE BAR



### 30

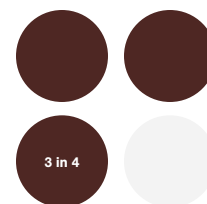
Minimum distance, in feet, to put between yourself and the bar. Sit closer and you're likely to drink 1.7 times as much alcohol, Wansink's research reveals. "The visual cue of seeing a waiter pass with drink after drink makes you apt to order more."



### AT THE BUFFET

# 45

Percentage more food you'll consume if you grab a large plate at the buffet, a 2013 study by Wansink reports. Use a dinner plate for the salad and a salad plate for your entrée.



Number of diners who pick the first food they see in a buffet, finds a 2013 study in *PLOS One*. Make your first grab something green. ■





**Laugh  
Louder**

**Live  
Longer!**

Laughter is the  
great panacea  
for all ailments.  
And the best  
part: It's free!

 BY ENRICO MIGUEL T. SUBIDO

**MEN'S HEALTH**  
JULY 2015

PAGE

**54**





## WE, AS A SPECIES, NEED TO LAUGH TO SURVIVE.

If you're one of those straight business types who find no use for comedy in this world, then the joke's on you. Getting some genuine laughs into your life will help you live longer, healthier, and, obviously, happier. And that's no joke. Laughter increases your tolerance for pain, lowers blood pressure, boosts your immune system, eases stress, and is associated with higher levels of life satisfaction. Even the muscular movement required to produce the "ha ha ha" sound, as stated by psychologists at the University of Oxford in a 2011 study, releases "happy hormone" endorphins. Clearly, science has proven that you can't go wrong with a few healthy guffaws. Here's how humor can positively affect your life.

### BREATHE EASY

Or, "breezy" for short. See what we did there? Seriously, though: The immediate result of laughter is a lighter state of being. "Ninety percent of laughter involves deep exhalations," says Dacher Keltner, Ph.D., a professor of psychology at the University of California Berkeley, and author of *Born to Be Good*. "When you exhale, your heart rate and blood pressure go down, and you enter a calmer state. This effect may very well be the reason you feel a sense of relief from laughing." Or, you might just be lightheaded from hyperventilating. That's when you know you've had a good, solid laugh.

### MAKE MIGHTY BONDS

Laughter is a great communicator. And, linked to "breezy," if you are relaxed and feeling relief with people you share chuckles with, tension is diffused and physical benefits abound. "I know some people who bond through tears. I mean, everyone needs a good cry maybe as much as a good laugh. But laughing doesn't mess up your mascara as much as crying does. I don't know about you, but it definitely messes mine up," quips funnyman Beethoven Bunagan, aka Michael V, aka Bitoy. If you're married, you'll be glad to know that laughter works wonders alongside marital commitment. Psychologist John Gottman, Ph.D., of the Gottman Institute (a relationship counseling center), says that partners who tell kind, lighthearted jokes tend to have better marriages.

### KNOCK STRESS OUT

Researchers at the Loma Linda University in California discovered that simply the anticipation

of laughter decreases levels of the stress hormones DOPAC, cortisol, and epinephrine by 38, 39, and 70 percent, respectively. Talk about a complete mood swing for the better with just a few laughs. And it's no good to live life with tension. "*Ang hirap mabuhay na puro tension! Sa teleserye lang yun!*" remarks Alex "The Master" Calleja, a stand-up comic and part of the Comedy Manila group. "*Di ba sa teleserye, nag-a-almusal pa lang, ang tinatanong kaagad eh, 'PINATAY MO NA BA SI SANDOVAL?!!!' Walang hiya, kakagising mo pa lang, patayan agad nasa isip mo! Masarap mabuhay nang walang tension. Mas chill, mas relax!*"

### KEEP DISEASES A-HA-HA-HA-WAY

Laughter really is the best medicine, as proven by a study in the *International Journal of Medical Sciences*. Researchers found that people who laugh 10 to 25 times daily face fewer diseases than those who laugh outside that range. "A lot of people have told me that stress,

## WHY SO SERIOUS?

"Life is sprinkled with a million things to laugh at," says comedian Beethoven Bunagan, more popularly known as Michael V or Bitoy. "When all else fails, watch the local news where you'll always find yourself asking: 'Is this some kind of joke?'"

tension, and other negative emotions are food for cancer," shares Bunagan. "In my mind, I picture it like a powdered detergent commercial, where the detergent breaks down dirt and stains on a white shirt. I pretty much think that's the effect of laughter on tension."

### BEAT DEADLINES WITH PUNCHLINES

Have laughs at the office—you'll work better. If you share your sharp sense of humor with coworkers and others around you, the environment immediately becomes more conducive for work. "*Kung may life of the party, ikaw ang life of the office!*" says Calleja. "*Mas maraming tao ang gustong makipag-trabaho sa 'yo. Why? Kasi magaan at masarap kang katrabaho. Mas magiging maganda ang environment kapag nandun ka!*" This claim for a boost in productivity is reinforced by a US *Men's Health* survey of 600 men, of whom 73 percent said that having a sense of humor made them better at their jobs. ■

## USE THE GIGGLES

Take it from Paul McGhee, Ph.D., author of *Health, Healing and the Amuse System: Humor as Survival Training*, and president of The Laughter Remedy: "Your sense of humor is one of the most powerful tools to have to make certain that your daily mood and emotional state support good health."

## Humor is Sexy, Too

Stress is everywhere. So women look for men who can make them forget about those train delays and deadlines, says Peter McGraw, Ph.D., director of the University of Colorado's Humor Research Lab. Makes sense: A 2011 study in *Personality and Psychology Bulletin* found that men were nearly twice as likely as women were to brag about being funny, and women were nearly twice as likely to seek out a mate who could crack them up. (Just don't yuk it up when she asks, "Do I look fat in this dress?")

### TRY THIS:

Know your comedic limitations. She doesn't want the full Fallon, says Kelly Leonard, president of The Second City improv company and co-author of *Yes, And*. "Tell her an embarrassing story about yourself," Leonard says. "Everyone loves to laugh at someone else's tale of abject failure, and this strategy has the added benefit of making you seem super-confident—as in, you're willing to tell a story in which you aren't the hero."





BY WAYNE JOSEPH TULLIO  
ADDITIONAL REPORTING BY GABRIEL A. PANGALANGAN  
PHOTOGRAPHS BY DIX PEREZ

# THE / FINEST / OF / THE / FITTEST

Let's get one thing straight: The ladies on these pages are lookers, but they certainly aren't pushovers. Heed their wisdom on how you can bust your plateau and achieve your best body yet





## MAIKA TANPOCO 19, Tennis Pro

Maika Tanpoco knew exactly what she wanted to do from the time she was two years old: "*Nanonood si Daddy ng tennis.* It was Steffi Graf versus Monica Seles, and as I watched with him, *sabi ko*, 'I wanna be like them.'" So that same year, she started learning how to play tennis.

When she was nine, Tanpoco moved from Pampanga to Australia, living with foster parents so she could thrive under the tutelage of seasoned coaches. "Everywhere you go in Australia you have tennis courts, so I made a move to learn and play more," she says. Over the next decade, Tanpoco competed in the junior circuit, going through grueling training sessions, and traveling through Asia and Europe.

She rose through the junior ranks, winning tournaments in Australia and Asia, including the Summit Planners Junior ITF women's title in Singapore in 2012. At one point, she had a world junior women's ranking of 160. She says success comes from surviving the grind. "The lifestyle, *nakaka-burn-out siya.* But when you have a solid team around who keeps encouraging you, your passion and all the positive vibes you feel keep you energized," Tanpoco remarks. "When you win a tournament, you know it's because of all the hard work you and your team put in."

Currently, she's on a bit of a break from playing in the pro circuit. But the fire to compete is still there. "Tennis is always going to be a part of my life. I'm always going to play no matter what," she stresses. When asked what it would take for a lad to keep up with athletes like her, Tanpoco flashes a cute smile before replying, "We're very feisty. *Kailangan* you have to be able to handle that."

Makeup by Ara Fernando  
Hairstyling by G Mande  
Styling by Tracy Ayson  
Clothes by (green sports bra) ADIDAS  
from Runnr (printed shorts) ADIDAS  
from Planet Sports  
(pink sports bra) NIKE (shorts) ADIDAS  
both from Planet Sports, (black shorts)  
Beyond Yoga from Certified Calm



# W

**When someone tells you that “you run like a girl,” don’t take it as an insult—just smile and say thanks. Yes, you read that right. Recent research suggests it’s actually a compliment to be told that you work out like a lady. A study conducted by researchers at Ohio’s Bowling Green State University subjected both men and women to three high-intensity interval running routines. Throughout the intervals, participants’ heart rates and oxygen consumption were measured. Results showed that the men were generally faster, but the women pushed themselves at a higher intensity.**

“I think what our data shows is that there appears to be meaningful differences in how men and women self-regulate their workouts,” says lead study author Matt Laurent, Ph.D. “Women tended to work harder from a relative cardiovascular standpoint than men.”

There’s more: Women not only outwork men in effort, but are also more naturally suited to aching workouts. “Most women are more coordinated than men, and almost every fitness routine would be easier for women to follow,” explains Connie Fortich, a fitness trainer with American Council on Exercise certification, and club general manager of Fitness First Platinum RCBC in Makati City. Another thing women have over men: a higher pain threshold (the pains of childbirth come to mind) that allows them to last longer through grueling physical activities.

Men may not have the innate advantage in fitness that women do, but we can emulate many of their qualities to get closer to our own fitness goals. And who better to ask for advice than a panel of the fittest and hottest female athletes across different disciplines? Let these MH Women act as guides on the road to fit.



## BUILD PRACTICAL MUSCLE

**Because, really, it’s not about how much you can lift, bro**

YOUR GAME PLAN #1:

TRAIN WITH YOUR BODY WEIGHT

Still focusing on how much you can add to that barbell? It’s high time you did bodyweight exercises. “In tennis, we work on our strength, but more using our body weight. It’s really learning how to carry yourself and move better,” says professional tennis player Maika Tanpoco.

Heed her advice to build serious muscle. “As you progress to more difficult variations and increase the number of repetitions you perform with the various exercises, you will continuously challenge your neuromuscular system,” writes strength coach Bret Contreras in *Bodyweight Strength Training Anatomy*.



### CHA CRUZ 27, Pro Volleyball Player

Since Cha Cruz made the De La Salle University (DLSU) women’s volleyball team in 2005, her mindset about the sport was all business.

*“Masipag talaga ako dahil hindi ako makaka-aral kung hindi ako maglalaro.* I played almost all positions except libero, so I really pushed myself,” the former DLSU team captain recounts.

After winning four UAAP championships, Cruz took time off from the sport. “I stopped for about two years because I wanted to concentrate on my job as a teacher and getting a master’s degree,” she explains. But when pro and semi-pro teams started calling, she knew she couldn’t stay away for long. “Before ako bumalik, inisip kong mabuti because I don’t want to go back just for the sake of playing. I’m very competitive so I don’t want to be mediocre. I want to be one of the best,” she underlines.

Currently, Cruz plays open spiker for Meralco in the Shakey’s V League, and *Shopinas.com* in the Pilipinas SuperLiga—this on top of her day job as a teacher at the International School of Manila. A typical day during volleyball season has her teaching class from 7 AM to 3 PM, then training for both teams from 5 to 10 PM. How does she handle that schedule? “It all boils down to time management and what you treat as your priorities,” Cruz responds. “I enjoy everything I do, so during the season, I focus and take care of myself physically.”







Grooming by Vida Non-Jaucian  
Styling by Sidney Yap  
Clothes by (black tank top and tights)  
Casali at Aura Athletica, (gray shorts)  
Zobha at Aura Athletica (green bra)  
Lorna Jane at Aura Athletica

“Your body will respond by synthesizing more protein and laying down more muscle tissue.” The best part: No gym fees, no long lines for machines, and no annoying gym rats.

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#### YOUR GAME PLAN #2:

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##### BREAK DOWN THE MOVEMENTS

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Cheerleaders do complicated routines and know the domino effect one mistake can create. “We have a lot of repetitive routines. So, we tend to break down each movement to execute the whole thing correctly,” notes Lara Limjap, a senior member of the University of the Philippines Pep Squad.

## SKY HIGH

To get good hits, lady spikers have to negotiate a 7'4" high net

This strategy works when you're trying to master compound moves like Olympic lifts and explosive kettlebell movements. “It's all part of proper form. You can't lift heavy or do complex exercises without first mastering all the mechanics,” stresses Carl Manso, a coach at 360 Fitness Club in Pasig City.

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#### YOUR GAME PLAN #3:

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##### BUILD STRENGTH WHERE IT'S

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##### REALLY NEEDED

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Okay, your bench-press numbers are through the roof. But are you strong where you should be? When cheerleaders lift, they employ a holistic approach. “We work a lot on our legs, arms, and core to do our routines well,” Limjap enumerates.

This type of lifting mindset prevents muscular imbalances. “When you train all your muscles, *mas masasanay siya sa grind ng* physical activity. This helps you perform better while minimizing injury risk *kasi kaya ng katawan mo*,” adds Manso.





# BOOST YOUR ENDURANCE

What good is fast and strong when you can't last long?

## ENDURANCE BOOSTER #1: PLAY AS MUCH AS YOU CAN

Prepping for a tournament? "You just have to play more games for endurance and to improve your skills," says Natasha Alquiros, a member of the National Women's Football Team. There's nothing more training-specific than getting more tune-up games. Varying the length of play, the number of players on each side, and the size of the court or pitch helps train your body to adjust to the different paces of your sport, adds former Kaya FC head coach David Perkovic.

## ENDURANCE BOOSTER #2: TRAIN YOUR MUSCLES TO LAST

Most people think cardio alone is all that's needed to last longer on the court or on the field. But you need to build muscle endurance, too. Cheerleaders like Limjap practice for hours to perfect their routine. She says they do circuit training to help their muscles endure the grind. Adding this type of training to your routine can help you immensely. "Circuit training takes its toll on your energy systems because of the shorter recovery time," Manso points out. "By doing circuits, your body adapts by improving recovery time and muscle endurance."



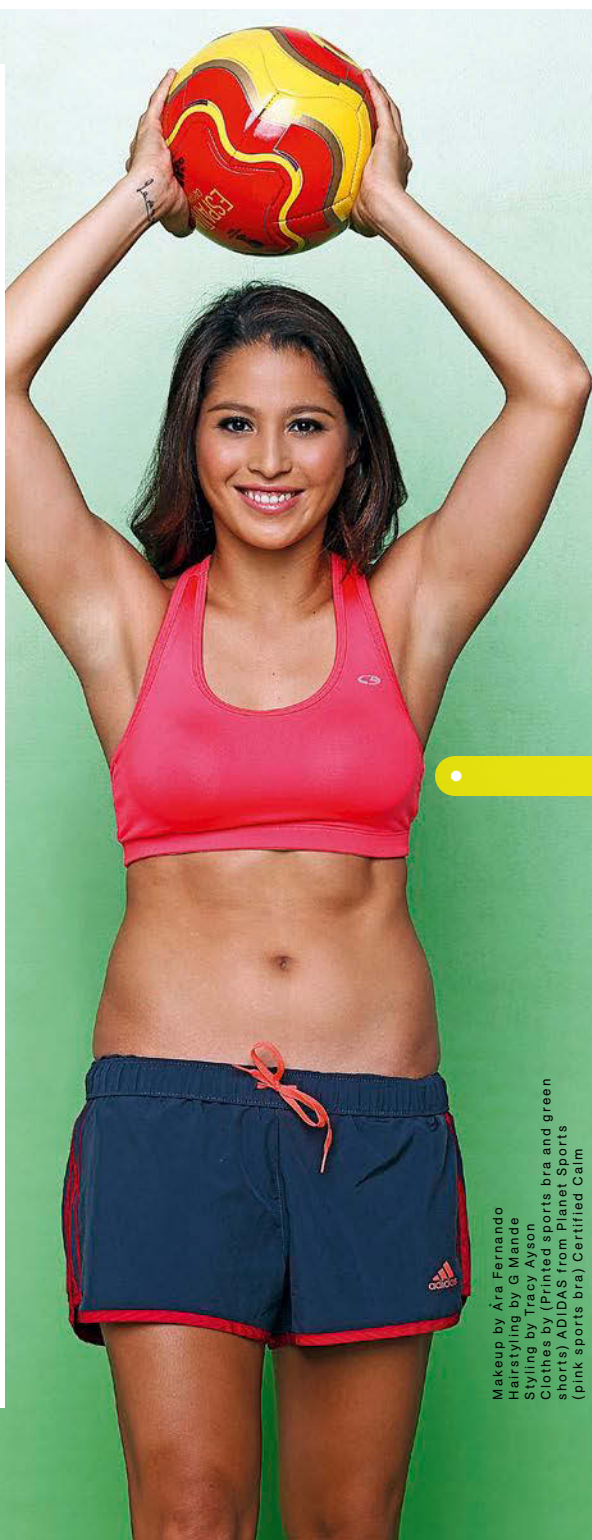
### NATASHA ALQUIROS 27, Football Player

It all started the moment Natasha Alquiros saw her brother playing football in fourth grade. "I was coming home from ballet class and realized I wanted to do that," she remembers. "I saw how fun it looked, tried it, and never stopped." The switch from pointe shoes to cleats became a permanent one.

When she was in high school at Woodrose, she joined the varsity team and was eventually recruited to play for the National Team. Her football pedigree later led to a college degree, securing her a scholarship at De La Salle University, where she took up AB Psychology.

For the past eight years, Alquiros has been training with the National Team for 2 to 3 hours daily. She sees no reason to stop now. "The sport has given me a bigger future and more opportunities, and taught me a lot," she says. "I've traveled, gotten a job, become a football commentator and an ambassador [of non-profit organization Girls Got Game]—I got those because of football."

Alquiros also believes that playing a sport with your significant other is highly beneficial. "Training together gives you an instant workout buddy, and you can keep each other motivated," she shares. If you're thinking of pursuing an athlete, Alquiros offers some motivation: "Dating an athlete means dating someone with a nice body and someone with stamina." Now that's something to think about.



Makeup by Ára Fernando  
Hairstyling by G Munde  
Styling by Tracy Ayson  
Clothes by (Printed sports bra and green shorts) ADIDAS from Planet Sports (pink sports bra) Certified Gaim



## ENDURANCE BOOSTER #3: DO SPORTS-SPECIFIC CARDIO

Slow and steady cardio is all good if you're training for an endurance event. But sports that have a start-and-stop nature, like basketball and tennis, require you to train more specifically. "We do more interval training like sprinting for 30 seconds and jogging for a minute, then doing that for a period of time," shares Tanpoco.

Try adding supramaximal interval training (SMIT) to your routine: Sprint at the highest intensity—at 130 percent max effort—either for time or for distance. Follow this with a period of rest that lets you recover to go hard again. A study published in the *European Journal of Sports Science* found that SMIT boosts cardio endurance better than high-intensity interval training (100 percent max effort) and long-distance cardio.





## LARA LIMJAP 21, Cheerdancer

Lara Limjap demonstrates her flexibility as soon as we ask her to do cheerdance poses for this shoot. She doesn't even warm up! Stretching her body's limits as a member of the University of the Philippines Pep Squad is a result of her curious nature: "I started dancing when I was three. Then in high school, I first joined the cheerleading team during intramurals, then became part of the varsity team."

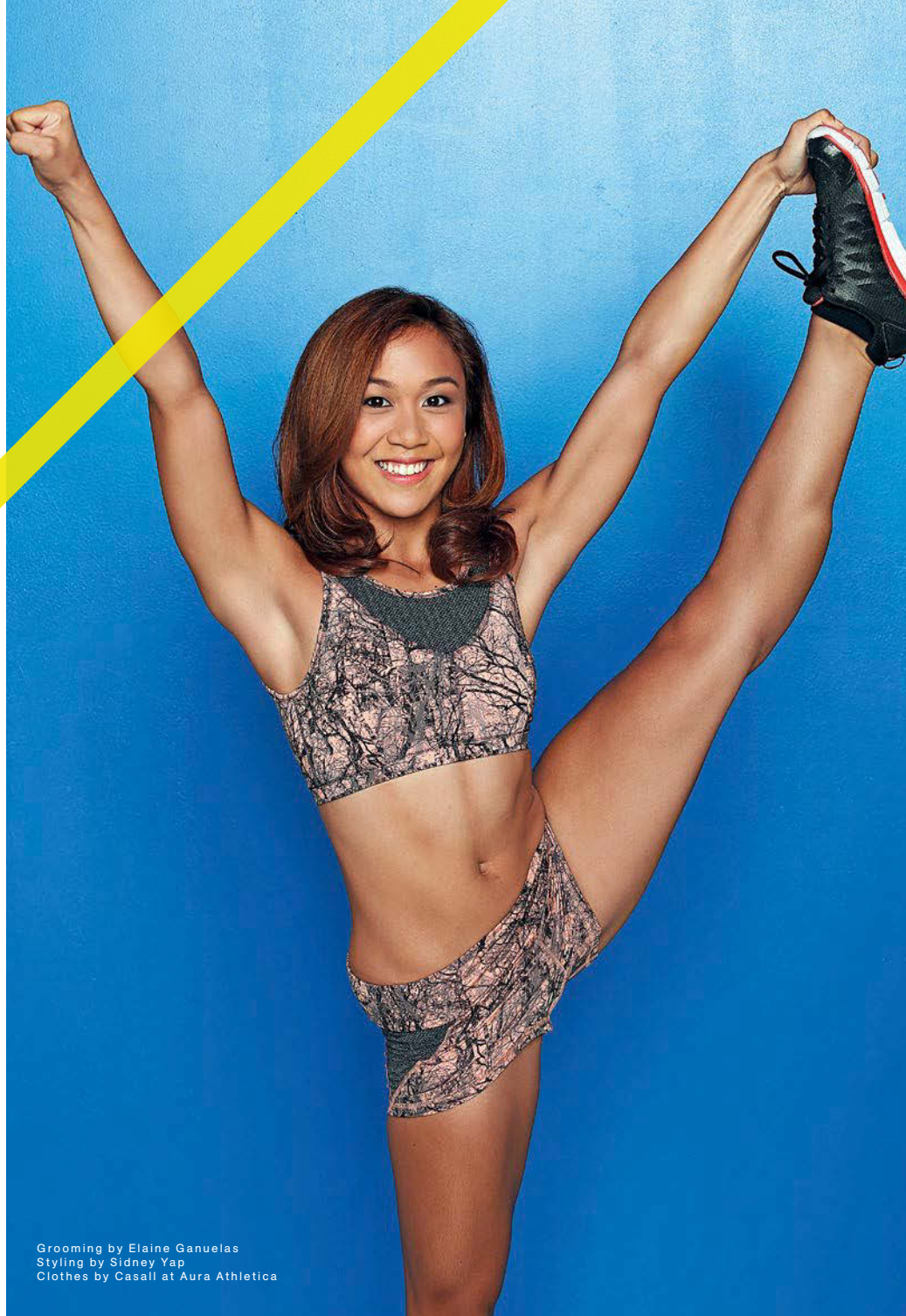
Once she made it to the UP Pep Squad in college, Limjap tried even more fun stuff. "I learned gymnastics and stunts. We also have regular dance classes like jazz, ballet, and contemporary," she notes. Every year she's been with the team, the competition got tougher. After back-to-back wins in 2011 and 2012 in the UAAP Cheerdance Competition, they've yet to regain the title.

But more than getting the trophy back, Limjap is driven by valuable lessons from her stint with the team. "Our coach once said: 'Improvement is limitless.' *Pinaniniwalaan ko yan* and I feel I won't stop learning as long as I keep trying and doing new things," she maintains.

## DEATH DEFYING

The highest basket toss, recorded by Guinness World Records, is 18 feet

Grooming by Elaine Ganuelas  
Styling by Sidney Yap  
Clothes by Casall at Aura Athletica



# KEEP PACE WITH A FIT LADY

THINKING OF DATING GIRL WHO'S MORE ATHLETIC THAN YOU?

FOLLOW THESE STRATEGIES SO YOU CAN KEEP UP

### ● Don't be intimidated

She may well outrun, outplay, and out-lift you, but don't let that scare you. "If you can ask me out, then that just means you're confident and not intimidated. That's sexy," says Umal.

### ● Be at peace with her pursuits

Chances are, the athletic girl you're eying spends a lot of time playing and training for her sport. That's actually a good thing. "You know she's not gonna be clingy—she's got her own thing and she has her own world," Alquiros points out. You may not be sporty, but pursue your own passions. "It gives you both something to talk about," adds Alquiros.

### ● Support her good habits

Don't make fun of her every time she orders a salad or skips dessert. "My boyfriend understands and even suggests what I should eat before and after games to help me play well," shares Cruz. While you're at it, do your research on healthy eating. It will help you, too.





## TOTAL DOMINATION

The New Zealand All Blacks are the winningest team in rugby history, with 340 wins out of 443 matches



## STAY LIMBER, RECOVER BETTER

Going reverse beast mode has its benefits

### RECOVERY TIP #1:

#### VARY YOUR WORKOUTS

When you do one workout or play one sport all the time, you keep using the same muscles while neglecting others. This may cause imbalance and lack of mobility. Counter this by practicing active recovery and cross-training. "During off-season from football, I like to do CrossFit, Zumba, or whatever floats my boat," shares Alquiros.

Remember to keep an open mind once you decide to try something you're not accustomed to. "Some men try to skip certain exercises just because they look awkward or unmanly. The benefits should always outweigh the short-term embarrassment," advises Fortich. So, the next time someone invites you to yoga or a men's pole class, give it a try. Otherwise, you could be missing out on something that might shore up your game.

### RECOVERY TIP #2:

#### TAKE TIME TO STRETCH AT THE END OF EACH DAY

Yes, you've heard it before: Stretching post-workout helps your muscles recover, relieves tightness, and keeps you flexible. Most guys, though, only go through the motions. Try this routine suggested by Tanpoco: Hold each stretch you do for 30 seconds. Rest for the same amount of time, then go again 2 to 3 more times, stretching further but still at a comfortable range. "You improve flexibility and prevent injuries, too," she assures.

### RECOVERY TIP #3:

#### INVEST IN A FOAM ROLLER

"I have my own foam roller. I use it even at home so my muscles can recover from tough daily training sessions," attests Cruz. A recent study published in the *Journal of Athletic Training* showed that foam-rolling your muscles post-workout effectively reduces delayed onset muscle soreness (DOMS). Key areas you should roll include your hamstrings, quadriceps, calves, glutes, and upper back.

### RECOVERY TIP #4:

#### GET ENOUGH SHUTEYE

Cruz swears by this tip that allows her to juggle a day job and playing for two semi-pro volleyball squads: "I see to it *na* I sleep at least five hours. *Hindi na yun bumaba* from there." Sleep for 5 to 8 hours daily and your body will be primed for workouts. A review of studies published in the journal *Sports Medicine* found that not getting enough quality sleep simulates symptoms of overtraining. Also, sleep loss increases pro-inflammatory cytokines in the body that could promote immune system dysfunction. Sleep well before you even think about going all-out beast mode in the gym.

### CASSIE UMALI 29, Rugby Player

Cassie Umali is definitely the definition of a fit chick. She grew up playing baseball, volleyball, table tennis, and badminton. But she found her passion in one of the most physical sports out there: rugby. "I liked running and smashing people. I was good at it even if I was new to the sport," she explains. "I just knew I wasn't scared of the contact. I have an older brother, and we used to wrestle when we were younger."

She's been a member of the Philippine Lady Volcanoes for five years now, and was part of the team that competed in the Hong Kong Sevens, the premier sevens rugby tournament in the world. Her current physique looks every bit like an elite athlete's, but it didn't start out that way. "I was chubby. It was a yo-yo thing where I'd gain weight and lose weight," she admits. As her love for rugby grew, her physique and lifestyle changed. "Playing rugby for five years has really molded me into shape. I don't do weights. I'm toned thanks to tackling people," she laughs.

Her active lifestyle has allowed her to try even more routines and sports. She shares her adventures through her Instagram account (@cassieumali) with the hashtag #Casspiration. "Some people have told me that my fitness posts motivate them to hit the gym. I used to be a fat kid; now I'm fit. If I can share the positive energy and vibes, then that's terrific," she declares.





Makeup by Ara Fernando  
Hairstyling by Toni Santos  
Styling by Tracy Ayson  
Clothes by (Printed Sports bra and shorts) NIKE from Runnr,  
(purple sports bra and shorts) Beyond  
Yoga from Certified Calm



## TOUGHEN YOUR MINDSET

Change the way you think about training and you'll see gains

### MINDSET TWEAK #1:

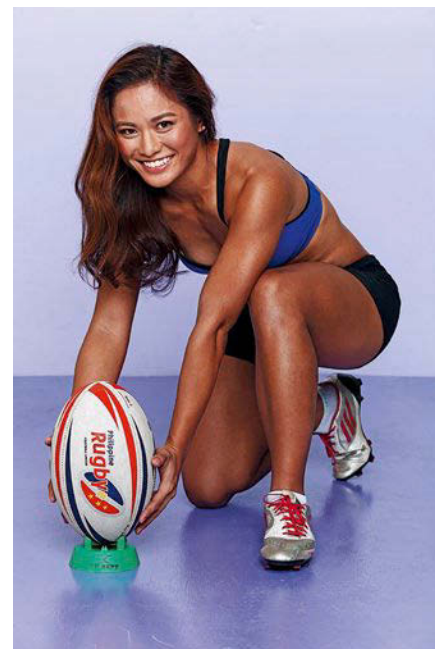
THINK LIFESTYLE, NOT  
JUST AESTHETICS

There's nothing wrong with wanting washboard abs, thighceps, and a side of big arms to go with everything. But what happens when you achieve them? A more sustainable goal: "Make it into a lifestyle. Think how healthy and fit you'll be. Looking good should just be a bonus," urges Umali. When you have a long-term goal like that, it'll be easier to lace up your shoes for a run, or refuse that extra serving of cake.

### MINDSET TWEAK #2:

ALWAYS USE TIME WISELY

We all wish there was more time in each day. Alquiros offers a lesson she has learned from football: "The game is 90 minutes long, and it's not a high-scoring game. You learn not to waste opportunities." Use this mantra to make your workouts more efficient. Maximize your stay in the gym to push yourself rather than taking the time to chat with your buddies. You'll be surprised how much more spare time you'll have after. ■











# 9 Dreams You Can Actually Afford

FEW OF US WILL EVER GET TO BE AS STUPIDLY RICH as Willie Revillame appears to be (insert “You don’t do that to me” meme here). A life of opulence is reserved for a few, like Internet wizards, politicians, popular celebrities who may or may not know how to sing or act, drug lords, and savvy franchise owners. The most that many of us will ever earn in a lifetime will probably be just enough for a nice house and two or three decent cars, with enough for the kids’ college tuition. And that’s not bad. Such is life.

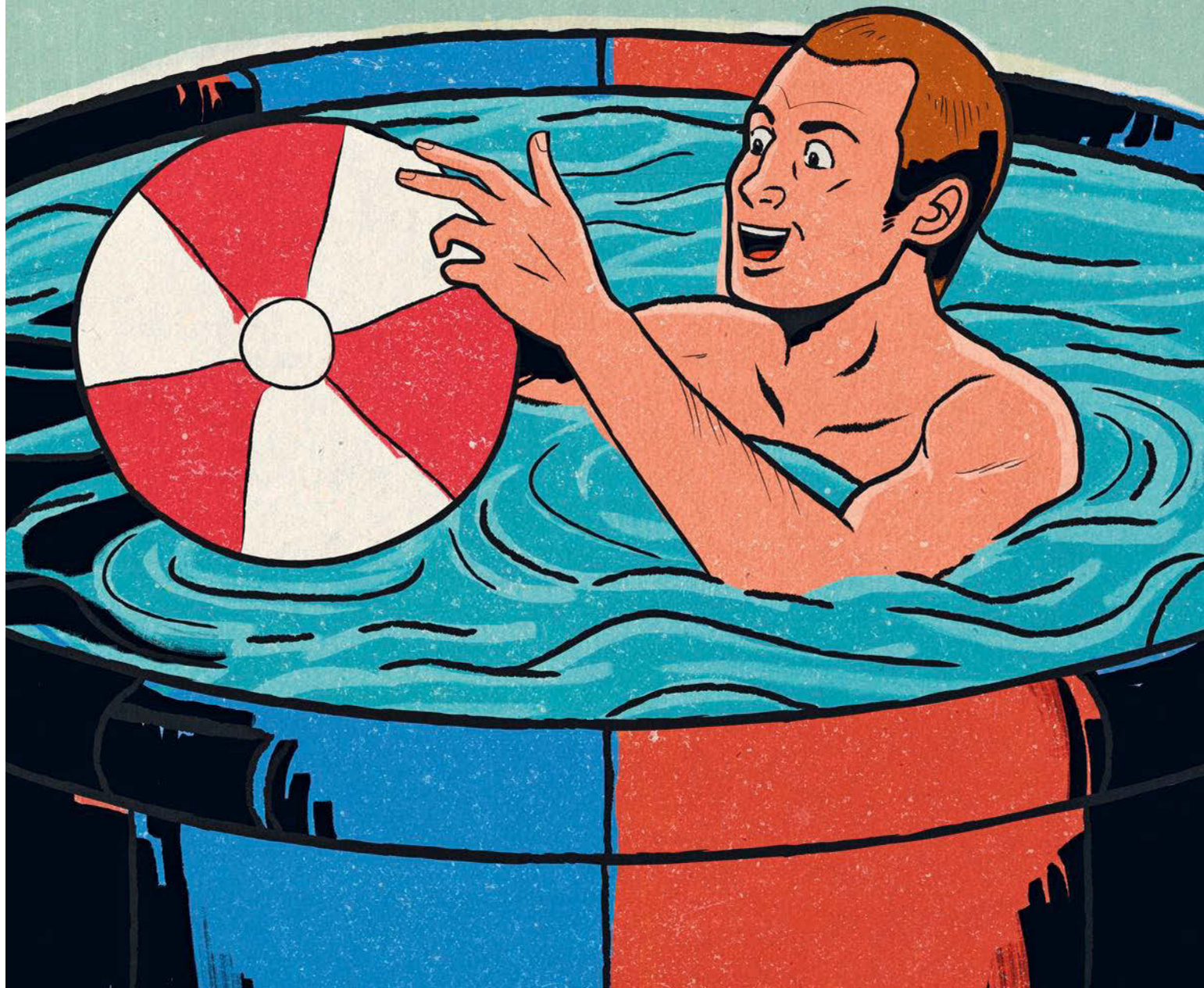
Still, there are pleasurable levels of luxury fit for any budget. If you pine for material enjoyment but have a relatively modest amount of disposable cash, the following will have you living the high life at lower costs.

THE SMART  
MAN’S PLAN FOR  
BUYING  
HAPPINESS ON  
ANY BUDGET

BY MA. GLAIZA  
LEE, ANDY  
LEUTERIO, AND

DIANA UY /  
ILLUSTRATIONS  
BY PATRICK LEGER  
AND JEREMIAH  
IDANAN





# 1/ BACKYARD POOL

STARTS AT

P1,900

**A SWIMMING POOL RIGHT IN YOUR** own backyard definitely counts as a luxury. Picture yourself à la *Mad Men*'s Don Draper: lounging poolside, sipping an Old Fashioned, smoking-hot girlfriend practicing her butterfly stroke in the background. All that, if you are willing to pay the price.

Architect Michael Rally Chua estimates a budget of P2-3 million to construct a swimming pool. Costs include excavation, waterproofing, electricals fit for underwater operation, a complex pipe system for drainage, and an adjacent pump room. Another big consideration is the amount of water needed to test the pool and all its systems.

An inflatable backyard pool, on the other hand, costs just P1,900 for one measuring 79x77x18.5 inches (good for two adults), and P2,500 for one measuring 120x72x22 inches (good for four adults). Add in an electric

pump worth P1,600 (a manual pump is about P650) and some water from the tap, and you're set. No diving allowed, of course.

Interior designer Stephanie Yan says an inflatable backyard pool is well-suited for the practical dad. The advantages are obvious: cheap, easy to transport and set up, and easy to store. Your kids will love it, too.

For bachelors, especially those living in condominiums, Yan suggests setting up a hot tub or Jacuzzi for P30,000 to P50,000. Expenses include renovating the toilet, re-tiling, and waterproofing, among others. And we don't have to tell you why having your own hot tub is gonna be awesome. Or, follow our tip: Place a reservation for the outdoor common area in your condo, and have an inflatable pool party there. Much cheaper. — DU





## 2/ VACATIONS ON A BUDGET

**AIRFARE, ACCOMMODATIONS, AND TOURISTY ACTIVITIES** CAN make traveling quite expensive. Reach into your bag of tricks and affordably cross out those destinations from your bucket list.

Shoot for the less expensive off-peak season. Keep an eye out for seat sales (some fliers give discounts as big as 50 percent off), and book your ticket in advance—45 to 60 days before your planned vacation.

As for accommodations, scoring a low rate is all about timing. Aim for off-peak times, too, and do your research. Ever tried booking a room a day before *#LaBoracay*? Major headache and wallet-slasher, right? Also, hotels aren't the only places you should check out. Inexpensive hostels and serviced apartments are also great options. "People assume that you need to spend a lot of money to have an amazing vacation, but that is not true. There are fantastic places to stay

at all price points and star ratings if you know where to look," says Errol Cooke, Agoda vice president for Global Hotels.

Thinking of international travel? Consider neighboring nations. There is Cambodia, where you can book a bed for as low as \$4 and eat good food for less. In Thailand, you only need around \$40 per day. Traveling to areas in northern Thailand, such as Chiang Mai and Chiang Rai, is even cheaper. Discover free activities in your destination, too. In Korea, for instance, visiting the national museums is pocket-friendly.

When going local, try off-the-beaten-path destinations like Tamboron, Oriental Mindoro, or Bagasbas, Camarines Norte (P5,800/pax and P3,200/pax, respectively, via [travelfactor.org](http://travelfactor.org)). Thrifty travel choices, but still pretty darn awesome to visit.

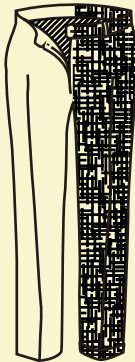
And don't forget: Traveling is a therapeutic experience with several benefits. "It makes you more open to different cultures. It teaches you how to deal with people, and enables you to learn more about yourself when handling travel concerns," notes Malyn Cristobal, a psychologist, therapist, and trainer at Living Free Foundation. "Packing luggage and lining up at the check-in counter, delayed flights and bad hotel service, traveling with companions and meeting new people—how you deal with these situations lets you learn from experience and grow." —MGL

**WATCH FOR CEBU PACIFIC'S ([WWW.CEBUPACIFICAIR.COM](http://WWW.CEBUPACIFICAIR.COM)) "PISO FARE" SEAT SALES AND HUNT FOR BUDGET ROOMS AT [AGODA.COM](http://AGODA.COM)**

## 3 A Tailor-Fit Wardrobe

JACKET

PANTS



Starts at  
P500

Visit Rico Ignacio Tailoring,  
Kamuning Public Market, K-5th  
Street, Kamuning, Quezon City

"Great style" doesn't mean "expensive." Branded duds are nice and all, but we can't share the same affection for the hole they burn in our pockets. The cheaper solution: tailor-made clothes for a fraction of the price. Yes, gents, it's possible to assemble a wardrobe full of fashionable, tailored pieces.

Tailored clothes flatter your figure, without adding pounds to your frame. "They look neat, clean, and sleek. You can match them with your basic wardrobe essentials, and even the occasional trendy item," says KC Leyco-Mempin, wardrobe and power

dressing facilitator at John Robert Powers.

Go for a bespoke suit designed and made from scratch, or a made-to-measure piece cut from an existing pattern, tweaked to your measurements.

Or visit the *kanto* tailor who, many professional haberdasheries will admit, is extremely talented. "If you go to a local tailor, you can get shirts for as low as P500," explains Leyco-Mempin. Talk to your tailor as you would your barber. He can share where to get inexpensive fabrics or give you a discount. Anything to save those pesos, right? —MGL

## 4/ Becoming a Master Starts at P20,000

### WANNA CLIMB THE CORPORATE LADDER?

An MBA is your ticket to the top. "Getting an MBA gives you an edge for career development," says De La Salle–College of Saint Benilde instructor Alphonsus Luigi Alfonso. "It is an almost surefire way to get a promotion. A postgraduate degree melds theory and practice together, and fully bolsters the professional and theoretical courses you take during your undergraduate years."

Many people remain discouraged because of the high cost that taking an MBA degree entails. Yes, finishing an MBA—or any master's degree, in general—doesn't come cheap. You will need sufficient funds. Good news: It need not be expensive. The University of Philippines Diliman has an MBA program that aims to help managers gain a distinct advantage by offering a broad-based curriculum that strikes a balance between technical training and practical problem-solving. The tuition fee per unit amounts to P1,000, plus laboratory and miscellaneous fees ranging from P400 to P800.

"About P20,000 for one term [at U.P.] is a reasonable price. Some universities even offer either a discount or a scholarship when you fulfill certain requirements," Alfonso points out. "Also, some companies actually send their employees back to school because they greatly affect their respective institutions. Speak with your supervisor or manager regarding this so you can align your long-term goals with company values and targets," he says.

The Ateneo Graduate School of Business has various MBA programs, too, including the MBA Standard Program, Middle Manager Program, Regis Program—three of the school's flagship offerings—and Health Program, which targets health professionals and executives. Look to spend around P26,000 per trimester for the MBA Standard Program. In comparison, sharpening your business acumen at the Asian Institute of Management will take about \$35,200 cut on your pocket for a 16-month MBA program, while you need to shell out only about P25,000 per semester at the University of the East's Graduate School.

Other schools that offer postgraduate studies include the Polytechnic University of the Philippines, Siliman University, Central Colleges of the Philippines, the University of Santo Tomas, and De La Salle University. "I really can't say [which postgraduate school is the best]. What you should do is look at the school's faculty, along with their respective profiles. If you see people whose specializations match your skill set, then you have a match," advises Alfonso. —MGL





## 5/ A SPORTS CAR

FROM

P400,000 AND UP

### NOTHING SAYS "LOOK AT ME"

**LIKE** a sports car. Strictly speaking, a sports car has two doors (either a coupe or a droptop), is light, nimble, and fuckin' fast. Or at least a little faster than your average family sedan.

A brand-new Porsche 911 will set you back around P11-12 million depending on the spec. You could go with a used Porsche for P3-4 million, but caveat emptor when it comes to used sports cars that may have been thrashed on the racetrack. Your best bet for buying brand-new is a Toyota 86, which starts at P1.6 million for the stick shift variant. Or, wait for the latest Mazda MX-5—strictly a two-seater—sneaking in under P2 million.

If you have less than a million to spend, a used BMW Z3 goes for P500,000 to P700,000 depending on the mileage, but keep in mind these cars may be more than 15 years old. If you like sporty coupes, the front-wheel-drive, turbocharged Mitsubishi Eclipse can be had for P400,000 to P600,000. If you're lucky enough to find someone willing to part with an early-generation MX-5 in mint condition, they also go for around that price.

Alternatively, you can choose to forget the whole sports car shtick and just get a man truck like a Ford Ranger—all-beef, and tough as hell. It's not the easiest thing to drive (that would be the Nissan Navara), but it gives the feeling of absolute alpha-ness behind the wheel. —AL

## 6 Your Man-Cave

Starts at around P50,000



### TIP:

Build your home gym slowly. Budget and plan so you don't have to drop the full amount in one go.

Watch for great deals on home fitness equipment at the annual Quorum Warehouse sale

Aside from food, shelter is the top priority that any self-respecting man must provide for his wife and cubs. Then again, the moment you take out a loan on a house, you pass the keys to the kingdom to your wife. Watch as she applies her feminine side to all things domestic, like the tiles on the floor, the color of paint on the walls, the type of flowers in the garden. You must agree to everything and just pretend to put up a mild defense from time to time. But, for all that remains holy, stand your ground with your man-cave.

What should be in it? Why, whatever floats your boat, my friend. Musically inclined folks will want to put up a sound studio, but you'd do well to equip it with all the good stuff you can find in your gym, minus the poseurs.

Get ready to spend about P98,000 for a decent treadmill, selectorized dumbbells, an indoor bike trainer, and a bench press set. If you like running outdoors, forget the treadmill and slash the cost in half. With these items, your path to fitness won't be riddled with monthly gym-membership fees, and you won't have to drive to the gym, park, and wait for the bench press to clear. You also get to choose your own workout beats. Win-win, right there. —AL



## 7/ Art Collection

Look out for Art in the Park in Salcedo Village Makati, or Art Fair Philippines at The Link in Ayala Center for a sampling of new art from fresh talents; visit Artes Orientes at Serendra 2 Loading Bay, McKinley Parkway, Taguig

► **US REGULAR SALARYMEN CAN'T AFFORD A** Picasso or a Monet. But that doesn't mean you can't buy and appreciate other pieces of art. First stop: Check out upcoming artists at local galleries or exhibits like the yearly Art Fair at The Link in Ayala Center, or Art in the Park in Salcedo Village.

Rio Ambrosio, art collector and owner of Artes Orientes in Bonifacio Global City, says that while buying art is not an assured investment, it should still feel good when you make the purchase. "That good feeling should surface every time you look at it," he stresses.

Research will ensure you are acquiring a piece worth your money. Ambrosio suggests that you read up on artist profiles, subscribe to current events in the art scene, ask friends, inquire from galleries, and attend exhibit openings that will allow you to meet artists. He mentions three questions to help guide you before making the purchase: "Does it look like a good investment?" "Can I afford it?" and most important: "Do I like how it makes me feel?"

Also, think long and hard about the credibility of the artist. "If an artist is well-known, already has a name, or has a good following, those are good signs. But then again, there is the possibility that the artist cannot sustain his popularity, or completely disappears from the art scene. So, the artist should remain visible in the art scene and in the mind of collectors," Ambrosio warns.

All things considered, he adds, always remember to buy something you like: "In the event that the artist doesn't live up to your expectations, at least you know that you bought the artwork because you like it." —DU



## 8/ Wrist Candy

Starts at P6,000

► **A BRAND-NEW OMEGA OR SIMILARLY** prestigious timepiece will cost you anywhere from P100,000 to the price of if-you-have-to-ask-you-can't-afford it. Now, watch collectors will argue it's like wearing a piece of artwork that won't depreciate, but if you have to sell your car to afford one, then why bother?

What's a budget-conscious man to do? You can adopt the Euro politician/multinational CEO image by going with a fashionable Swatch. Yes, the inexpensive, battery-operated Swiss timepiece that was all the rage in the '80s is as chic as ever. With prices ranging from P6,000 to P12,000 depending on the model, a Swatch practically runs forever and looks pretty svelte on your wrist, too. On a self-made man, it says: "I could get a much more expensive watch, but I'm practical and I shun ostentation."

If you care for a more badass look, you can't go wrong with a Casio G-Shock. This shockproof, waterproof, practically bombproof timepiece is so ugly that it's pretty, and it has Special Forces street cred without breaking the bank —AL





## 9/ AFFORDABLE ADVENTURES

STARTS AT

P1,000

**IF YOU'RE THINKING OF CLIMBING MOUNT Everest**, prepare for just-as-steep travel costs. Instead, go economical by going local, advise long-time mountaineers Dexter Bernardez, a media professional, and Janette Gaspar, an IT specialist. Doing so, you get to know your country better and do your part in promoting local tourism, notes Gaspar. "It's cheap climbing local mountains. Plus, you don't need to adjust when it comes to culture and communication," chips in Bernardez.

Bernardez adds that organizing a local climb—getting transportation and lodging; paying for guide, park entrance, registration, and environmental fees—is easy on the logistics side of things. For a safe and enjoyable adventure, you simply have to coordinate with local government units for things like mountain profiles and best times to climb.

For a P1,000 budget (excluding gas for a few

hours' drive), you can hike up Mt. Pico de Loro, Mt. Batulao, Mt. Maculot, Mt. Manabu, Mt. Talamitam, Mt. Makiling, or Mt. Arayat. These peaks are recommended for both beginner and intermediate climbers.

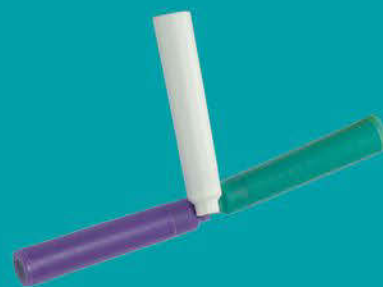
Mt. Apo in Davao and Mt. Dulang-dulang in Bukidnon will set you back around P10,000 to P15,000 including airfare if you are coming from Luzon. These mountains are for more experienced climbers. "I suggest you plan ahead and check out promo fares," Gaspar recommends.

Famous for its incredible sea of clouds and the view of the Milky Way galaxy at dawn, Mt. Pulag costs about P3,000 or P4,000 to climb, depending on the trail you select for your ascent and the number of participants in your party. "The bigger your group, the lesser the cost as you all share the expenses," says Gaspar. — DU ■



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**STYLE  
TESTED**

**FASHION**

# DENIM DOMINATION

**Denim on denim is all the rage nowadays.  
MH shows you how to ace the look**

**Photographs by**  
Ronnie  
Salvaci6n

**Styling by**  
Amador R.  
Madamba

**Grooming by**  
Elaine  
Ganuelas

**Model**  
Renato  
M6n6zes of  
Reco Modeling  
Agency



# STYLE TESTED

Black printed  
T-shirt,  
P299.75, Tee  
Culture. Dark  
blue regular  
wash straight  
fit jeans,  
P499.75,  
Code Blue.  
Blue stretch  
denim jacket  
with patch  
details,  
P1,099.75,  
Tank. All  
available at  
**The SM  
Store**, SM  
Mall of Asia,  
SM Makati,  
SM Megamall,  
and SM City  
North EDSA.

WEAR A CLASSIC  
DENIM JACKET WITH  
PATCH DETAILS OVER  
A PRINTED OR PLAIN  
T-SHIRT FOR A  
YOUTHFUL EDGE.



WHEN THE OCCASION CALLS FOR SOMETHING DRESSY, PAIR YOUR FAVORITE JEANS WITH A TAILORED DENIM BLAZER OVER A LONG-SLEEVED SHIRT. YOU'LL LOOK STYLISH YET LAID BACK.



Black slim fit long sleeve shirt, P5,990, light-washed ARC 3D slim fit button-fly jeans, P11,490, and raw denim Omega blazer, P14,690, **G-Star Raw**, Bonifacio High Street Central. Brown Rugged Crazy Horse Chelsea boots, P7,995, Dr. Martens at **Traffic**, Power Plant Mall, SM Mall of Asia, and TriNoma.



# STYLE TESTED

YOUR SNEAKER COLLECTION WILL GO WELL WITH A DENIM ENSEMBLE. BUT IF YOU WANT A CLASSIC LOOK, OPT TO WEAR A PLAIN WHITE PAIR OF SNEAKS.

Indigo chambray short sleeve shirt with Tribal pattern pocket detail, P1,175, and indigo denim shorts, P915, 21 Men at **Forever 21**, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA. White leather and suede Baatz sneakers, P6,495, **ALDO**, Greenbelt 5, Power Plant Mall, and Bonifacio High Street.

STAND OUT FROM THE CROWD WITH SHORT SLEEVED CHAMBRAY SHIRTS WITH INTERESTING TRIM DETAILS ON THE SLEEVE OR FRONT POCKET.

Light blue Geo-trimmed chambray short sleeve shirt, P1,015, and indigo denim shorts, P915, 21 Men at **Forever 21**, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA.



Light blue color blocked chambray short sleeve shirt with mandarin collar, P915, and blue lightweight denim drawstring jogger pants, P1,275, 21 Men at **Forever 21**, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA. White leather and suede Baatz sneakers, P6,495, **ALDO**, Greenbelt 5, Power Plant Mall, and Bonifacio High Street.

CHAMBRAY AND DENIM ARE OFTEN CONFUSED SINCE THEY LOOK VERY SIMILAR. CHAMBRAY IS A SOFTER AND LIGHTER FABRIC USED TO MAKE SHIRTS, WHILE DENIM IS A THICKER AND MORE DURABLE FABRIC USED FOR MAKING PANTS, SHORTS, AND JACKETS.





# STYLE TESTED

THE KEY TO WEARING  
DENIM ON DENIM IS  
TO COMBINE  
DIFFERENT SHADES  
AND TO AVOID USING  
EXACTLY THE SAME  
WEIGHT OR WASH.

Light indigo  
muscle fit  
denim long  
sleeve shirt,  
P4,199.75,  
and blue  
vintage  
Spencer slim  
straight jeans,  
P2,499.75,  
Wrangler,  
Glorietta 2,  
Market!  
Market!, and  
TriNoma.



FOR A SMART CASUAL LOOK, WEAR LONG SLEEVED CHAMBRAY SHIRTS WITH SUBTLE COLOR TREATMENTS OR PRINTS.

Light blue/red ombre long sleeve chambray denim shirt, P899.75, and indigo slim straight jeans, P899.75, **BENCH/**, Glorietta 2, SM Mall of Asia, and TriNoma.

Denim printed long sleeve shirt, P1,490, and navy slim fit straight selvedge jeans, P1,990, **Uniqlo**, SM Mall of Asia, SM Megamall, and SM City North Edsa. Brown Rugged Crazy Horse Chelsea boots, P7,995, Dr. Martens at **Traffic**, Power Plant Mall, SM Mall of Asia, and TriNoma.

WEARING A PAIR OF SELVEDGE JEANS WITH THE CUFFS FOLDED TO EXPOSE THE FINISHED EDGE SEAMS SHOWS OFF YOUR DAPPER STYLE AND GOOD TASTE FOR TRADITIONAL PREMIUM JEANS.



# STYLE TESTED

Acid black denim jogger pants, P1,199, black acid wash chambray long sleeve shirt, P1,399, and black and white braided leather bracelet, P229, **Penshoppe**, SM Mall of Asia, Glorietta 2, SM Megamall, and TriNoma. Black baggy leather boots, P6,250, Palladium at **Traffic**, Power Plant Mall, SM Mall of Asia, and TriNoma.

JOGGER PANTS ARE VERY POPULAR AND THE ADVENT OF DENIM JOGGERS HAS MADE THEM AN EVEN MORE VERSATILE MUST-HAVE ITEM.



Black mineral wash denim slim fit short sleeve shirt, P1,015, and black mineral wash denim drawstring shorts, P915, 21 Men at **Forever 21**, SM Mall of Asia, SM Makati, SM Megamall, and SM City North EDSA. Black baggy leather boots, P6,250, Palladium at **Traffic**, Power Plant Mall, SM Mall of Asia, and TriNoma.

DARKER WASHES LOOK DRESSIER AND HAVE A SLIMMING EFFECT, WHILE LIGHTER SHADES OF DENIM ARE MORE CASUAL AND CAN GIVE YOU EXTRA BULK.



# HERE COMES THE ZOOM

THE ALL-NEW MAZDA 3 IS A TRUE DRIVER'S CAR IN  
THE FORM OF AN EVERYDAY COMPACT

BY WAYNE JOSEPH TULIO • PHOTOGRAPHS BY VINCENT COSCOLLUELA  
LAYOUT BY DIEGO GARCIA

## EVERY INCH A STUNNER

One look at the Mazda 3, which is available either in hatchback or sedan form, and you immediately see how the Japanese brand executes its "KODO-Soul of Motion" design credo. Fluid body lines, a sharp front grille, squinting headlights, and a wide rear end contribute to the edginess of its appearance. Decked out in 18-inch alloys, this ride exudes a sporty and youthful vibe. It *might* even make those in the *tito* age group look younger. Emphasis on *might*.

## STEADY AS SHE DRIVES

More than the 3's looks, what really seals the deal is the car's dynamic drive. It steers accurately, and the suspension remains firm especially on stretches of road that badly need repair. The dimensions also ensure easy maneuverability, whether you're parallel-parking or ducking into tight spots in traffic. The 3 is a steady daily driver with an added bonus: It's a looker that can boost your swag, too.



FOR MORE INFORMATION, OR TO REQUEST A TEST DRIVE, VISIT [WWW.MAZDA.PH](http://WWW.MAZDA.PH)





## DRIVER ALERT

Driving can mess up your posture and give you all sorts of pain. With a few tweaks to your sitting position, you can look even more confident behind the wheel.

**Tweak #1: Position your rearview mirror two inches higher than normal.** According to the book *The Better Man Project*, doing this will force you to sit up taller. This improves your posture and reduces your chances of getting back pain.

**Tweak #2: Be aware of how you sit.** Avoid slouching, keep your chest out, and brace your midsection when you can, advises Emman Papa, Ms.H.M.S., assistant professor at the College of Human Kinetics at the University of the Philippines Diliman. This helps you sit straighter and activates your core.

**Tweak #3: Alternately lift your knees during traffic jams.** If you drive an automatic, only one side of your hips gets utilized. This can shorten your hip flexors and cause pain when you get out of the car, warns Alex Callanta, a fitness trainer at 360 Fitness Club. Even if you drive a stick-shift, getting stuck in traffic stiffens your hip flexors, too. Lift your knees up alternately to combat this problem.

### THE SPACE BETWEEN

The interior features a dark, minimalist theme that's very manly. And the plush leather seats are comfy—great when you find yourself on EDSA for too long (as we did). The tack-on touchscreen display that serves to control the car functions and audio system looks a bit out of place, but it does the job well. Climb inside the cabin and you'll be spoiled with spacious legroom, whether you're driving or riding. All that room doesn't take away from storage space, too—the trunk easily fits two big suitcases. If you're always going on road trips or hauling stuff for your small start-up business, you'll find the trunk plenty handy.

### POWER COMPACT

Under the hood of this 2.0 R variant is a 2.0-liter Skyactiv-G direct-injection gasoline engine mated to a six-speed auto tranny. It's punchy—step on the gas pedal and you feel the power kicking in immediately. The 3 is also equipped with i-stop, which automatically shuts down the engine when you're stationary, and starts it again when you take your foot off the brakes. This helps keep more in the gas tank in Metro Manila's bumper-to-bumper traffic. The start/stop function just takes some time to get used to—you'll feel the car jerk a bit as i-stop does its thing. ■



**ENGINE:**  
2.0-LITER  
SKYACTIV-G  
DIRECT-INJECTION  
GASOLINE

**HORSEPOWER (HP):**  
155

**TORQUE (NM):**  
200

**TRANSMISSION:**  
6-SPEED  
AUTOMATIC

**SEATING:**  
5

**PRICE:**  
P 1,195,000







**COOL CAT**

**POLAR EXCURSION PACK INSERT (P2,570)**

Though not exactly a backpack per se, this thing slips into most backpacks with ease. A butt-load of inner Velcro divisions allows you to customize this bag's interior to your specifications, and not just for camera gear. And if you really want to sling it on your back, use the handy metal hoops to fasten shoulder straps to it.

**SAMSONITE RED LAETUS (P6,750)**

Be a trendsetter and show your hip side with this fashionable and uniquely shaped piece. In fact, get ready to receive compliments with it slung over your back. Tip: Use the laptop sleeve to safely transport vinyl to your next listening party.



**STRAIGHT SHOOTER**

**SAMSONITE SECURI-3 (P9,950)**

Keep your belongings secure and still rock major style when negotiating the urban jungle. Slash-proof fabric and zipper locks guarantee the safety of your stuff, and RFID blocking will foil the plans of even the most tech-savvy snatcher.

**SMART COMMUTER**



# ➤ BACKPACK ATTACK

## BOOST YOUR BACKPACK GAME WITH THESE CHOICE PICKS

**BY ENRICO MIGUEL T. SUBIDO**  
**PHOTOGRAPHS BY VINCENT COSCOLLUELA**

You might blow them off as kids' gear, but don't be too hasty with your judgment: There's a handy backpack out there for every type of sir. Popular among children as a functional school accessory, the backpack boasts a versatility that adults—even NBA superstars like Kevin Durant and Russell Westbrook—will find handy in different situations. "You can use it on casual days, but you can also bring one on an adventure trip," says professional stylist Tracy Ayson. And that's not all. Check out these MH picks and kick your backpack game up a notch.

Vandalia and Trail Pursuit available in all Columbia outlets nationwide; Polar Excursion available in The Travel Club outlets nationwide; Red Laetus available in all Columbia outlets nationwide; Securi-3 and Red Laetus are exclusively distributed by Primer Group of Companies. Securi-3 and Red Laetus available in all Samsonite outlets nationwide. Samsonite exclusively distributed by Store Specialists, Inc.



## TWO-STRAP IT!

"You're supposed to use two straps! One strap is peer pressure," says Schmidt to Jenko in the 2012 remake of *21 Jump Street*. And it's not just logical or cool that way. Use them both and keep things balanced. One-strappping might make you look and feel hip, but there's nothing cool about stress on your spine and lower back. Follow these tips, from chiropractor Sean Felton of Hammond Chiropractic Center, and carry your pack safely and correctly.

**1/** At most, carry only 15 percent of your total body weight.

**2/** Use both straps to keep the weight centered and close to the body.

**3/** Adjust the straps so that the bottom of the pack is about two inches below your waist.

**4/** Put heavier items at the bottom of your pack.



**5/** When loading, evenly distribute the weight on both sides.

## WORLD TRAVELER



### PACSAFE VENTURESAFE 15L GII (P6,490)

Fifteen liters of slash-proof goodness is pretty good insurance for your valuables when traveling abroad. Comfortable padded shoulder straps and a molded foam back support will make you forget you're carrying anything while you walk down all the *rues*, *strade*, and *calles* of your travels.

## CAMPING BOSS



### COLUMBIA TRAIL PURSUIT (P10,990)

Forty liters of space means you've got room for everything. Tent, sleeping bag, cooking gear, shoes, and extra clothes all go in without any fuss—and you'll definitely still have space to pack that chopped-up *baboy damo* you hunted for dinner.

## DAY TRIPPER



### COLUMBIA VANDALIA (P8,490)

Lightweight and extremely well balanced, this pack won't shift weight when you're going over even the gnarliest of trails. Techlite shoulder straps and tough stitching make it next to indestructible, while Omni-Shield advanced repellency ensures your things stay cool and dry in extreme weather conditions.



# HOLY MEGAPIXELS, BATMAN!

## GEAR UP WITH ONE OF THESE POWERFUL SMARTPHONE SHOOTERS

BY ENRICO MIGUEL T. SUBIDO • PHOTOGRAPHS BY DAIRY DARILAG

Modern smartphones have enabled us regular men to unleash our inner Masferré. Due to their ubiquity and super functionality, smartphone cameras have replaced the modern digital point-and-shoot as the go-to device for a quick snap. "Your phone is mostly on hand, ready to fire and grab the moment," says award-winning cinematographer Boy Yñiguez. He notes that as practical devices, smartphone cameras are also much less intimidating for uncooperative or overly conscious subjects.

Veteran lensman Mikko David, a fan of camphones himself, suggests the following tips for shooting like a pro with your camera phone: "Apply rules of composition, like the rule of thirds, framing, and depth; tap on the subject [on your screen] to get the right exposure; and have a steady hand, especially at night, to get sharper images."

Mobile data and social media allow you to document your existence frame by frame, so step up your pocket-shooter game. Check out this shortlist of excellent camera phones available in the local market today.

### MEGAPIXEL MONSTER MICROSOFT LUMIA 930

Rear camera: 20 megapixels;  
Zeiss f/2.4 wide-angle lens  
Front camera: 2 megapixels  
Price: P21,990

So you see something photo-worthy, but it's a mile away? No problemo with the 930. Twenty megapixels means everything in the distance stays sharp—just crop the frame around the subject you want. There are certain limitations when shooting images this big—namely, storage space and memory—but you'll forget about all that once you see how good your photos turn out.

### WALLET-FRIENDLY OPPO R1X

Rear camera: 13 megapixels  
Front camera: 5 megapixels  
Price: P15,990

Don't let the "Made in China" disclaimer dissuade you—the R1X is legit. (Besides, what's not made in China nowadays?) Oppo is a relatively new player, but its flagship model, the R1X, is primed to make a big statement. The camera shooting menu is a buffet of features: Beautify Mode, Expert Mode, Flash Shot, After Focus, and Double Exposure are just a few of the goodies in store for future owners.

### THE SAFE (AND EXPENSIVE) CHOICE IPHONE 6 PLUS

Rear camera: 8 megapixels  
Front camera: 1.2 megapixels  
Price: P43,000 (16GB)

Don't let the seemingly modest megapixel figures fool you—the iPhone 6 Plus has one of the best cameras among smartphones. Its primary camera only rocks eight megapixels, but the synergy of hardware and software makes shooting with it fun. It's also a whiz in low-light conditions—something that Apple has finally addressed in its newest model. It's expensive (all Apple products are), but you really get what you pay for with this baby.

### EDGY IMAGING SAMSUNG GALAXY S6 EDGE

Rear camera: 16 megapixels  
Front camera: 5 megapixels  
Price: P35,990 (32GB)

The beveled edges on the S6 Edge are as novel as they come, and the gimmick ends as easily as it begins. The design is pretty cool, though, and the camera on this thing is tops. With a really fast f/1.9 aperture lens, tracking autofocus, loads of shooting modes, and a sharp quad HD screen, the S6 Edge's imaging prowess is ready to dazzle.





**1 HACKS**  
Lift your  
1-rep  
max



**2 TOOLS**  
Practice  
safety first



**3 MUSCLE**  
Build  
solid  
traps



**4 CIRCUIT**  
Fast  
footwork  
in a flash



**5 NUTRITION**  
Build  
muscle at  
breakfast



# GOACH

MensHealth

**KNOWLEDGE TO GET YOU  
FITTER, FASTER, AND STRONGER**

EDITED BY WAYNE JOSEPH TULIO AND  
GABRIEL A. PANGALANGAN

## GO ALL IN

HEED MH WOMAN ASHLEY  
RIVERA'S BATTLECRY ON  
HOW TO BE FIT FOR THE  
LONG HAUL: TREAT  
FITNESS LIKE A PRIORITY  
RATHER THAN AN OPTION

By Mikey Agulto • Photographs by Dix Perez

• Grooming by VIDA NON-JACUAN. Styling by TRACY AYSON. SHOT ON LOCATION AT PLATINUM  
EXECUTIVE FITNESS GYM, 1ST STREET CORNER GILMORE, NEW MANILA QUEZON.  
• Clothes by (top) NIKE, (shorts) CERTIFIED CALM.





**ASHLEY RIVERA, AKA PETRA MAHALIMUYAK, LOVES** working out so much that her showbiz commitments are based on her training schedule. "It's my priority. When I encounter a project that feels like a waste of time, I pass on it and go to the gym instead," she says. "I'm thinking about becoming a trainer or a nutritionist. *Ganun ako ka-seryoso.*"

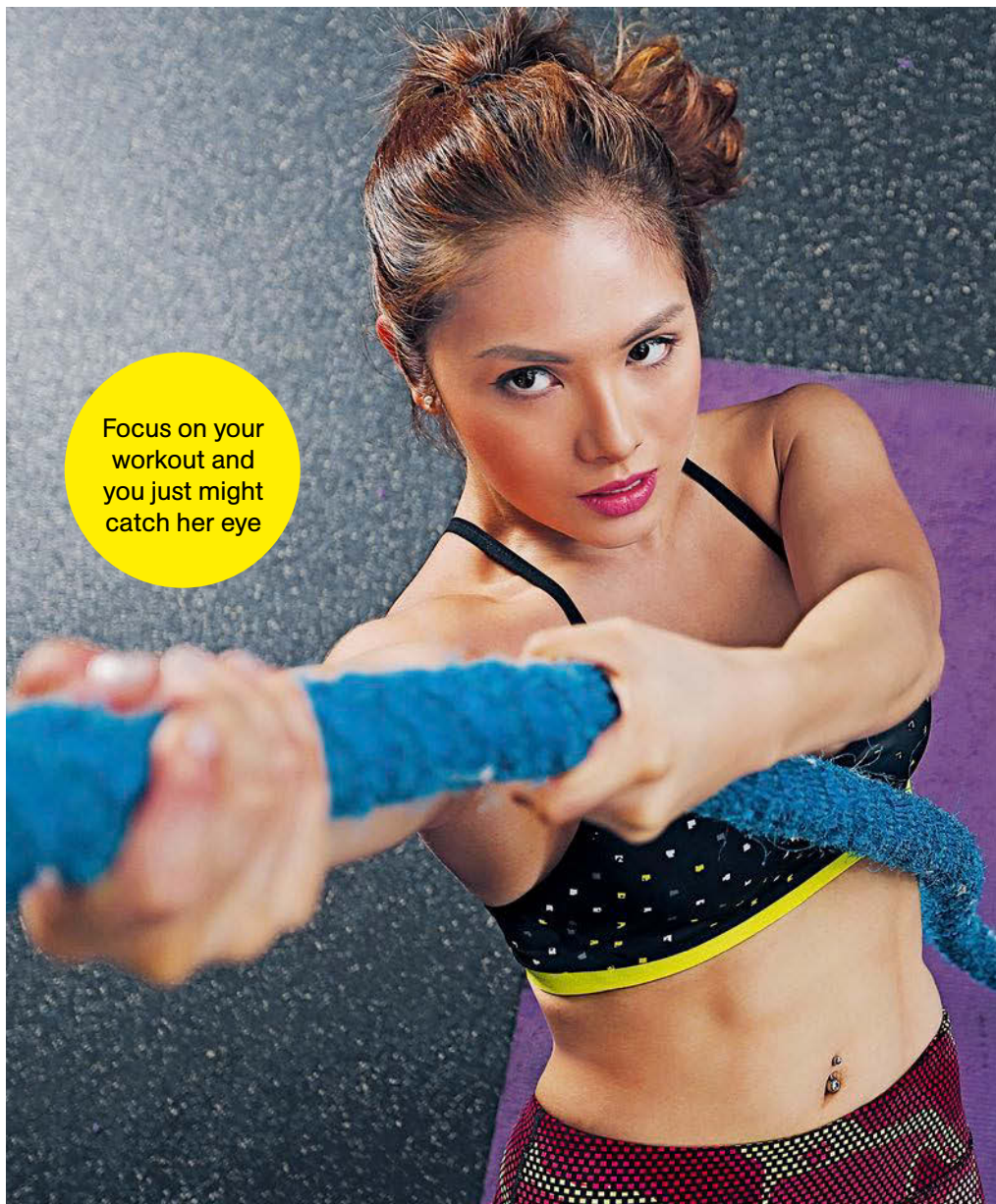
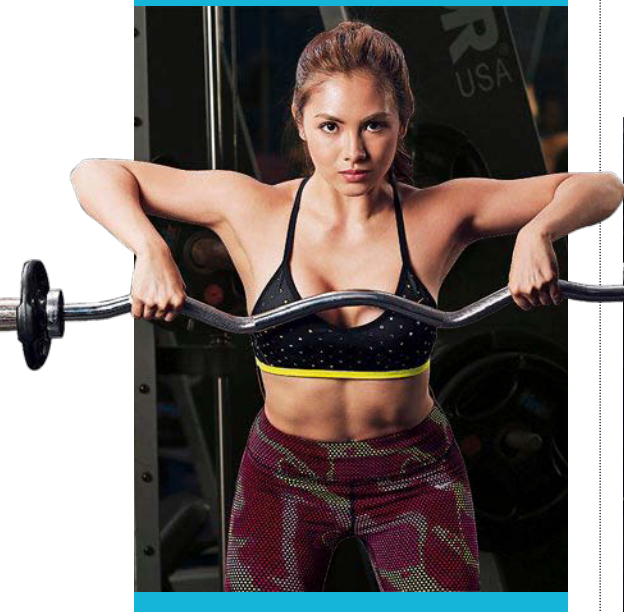
The YouTube star, DJ, and TV host has always been active, having tried CrossFit, Pilates, yoga, and boxing. Nowadays, she finds herself in the zone doing circuit training. "My trainer introduced me to circuits. He makes me do all sorts of exercises, from cardio to lifts to plyometrics. It was a game changer for me."

Before you go all out and unleash your inner beast at the gym, it's important that you know how to set your mind to doing it right. Rivera shares the following cues that have helped her find her training center.

## 01

### FIND YOUR #FITSPIRATION

"It took me a while to take going to the gym seriously because I wasn't motivated enough. I would always feel sluggish and slow. But it all changed for me when my boyfriend went to the military. I figured that if he was going to train over there, I might as well train by myself over here. I specifically asked my trainer to give me a hard and intense military workout, and he did. I've been on beast mode ever since! *Hindi siya madali, pero nakita ko yung results within the first two weeks.*"



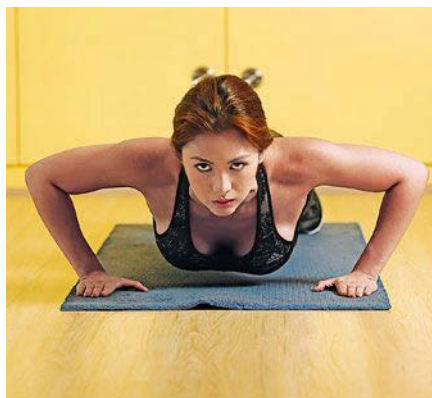
Focus on your workout and you just might catch her eye



BE CREATIVE WHEN WORKING ON YOUR CORE

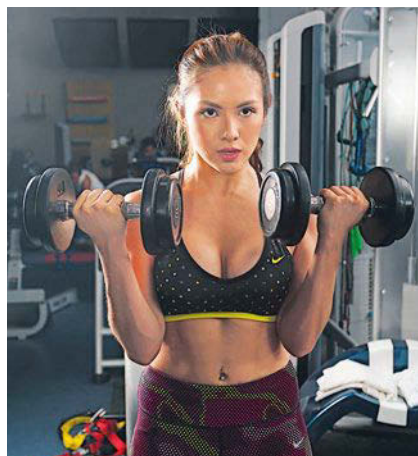


THERE'S SUCH A  
THING AS  
OVERTRAINING.  
ANG BEAST  
MODE, MAY  
HANGGANAN



## 02 DON'T OVERDO IT

"There's such a thing as overtraining. *Ang* beast mode, *may hangganan*. It can backfire on you. I enjoy working out so much that I want to do it every day, but I can't. I'll start to feel sore. I won't be able to walk or sit. Some people overdo it by working out for three hours. I believe 30 minutes to an hour a day is just fine. *Huwag kang magpakamatay sa gym!* It would all have been for nothing if you feel like shit afterwards. Besides, your muscles develop more when you give them time to rest."



## 03 GET IN YOUR ZONE

"When you go to the gym for the first time, you have no idea where to start. And you see all these buff guys and girls doing their thing. It's intimidating. I used to be like that. But if you're always conscious about those things, *anong mangyayari sa 'yo?* When you feel inferior, you end up not pushing yourself hard enough. You end up putting in half the effort. Just mind your own business. Don't worry about them. So what if they're buff? They worked hard to get there, and you should, too." ■

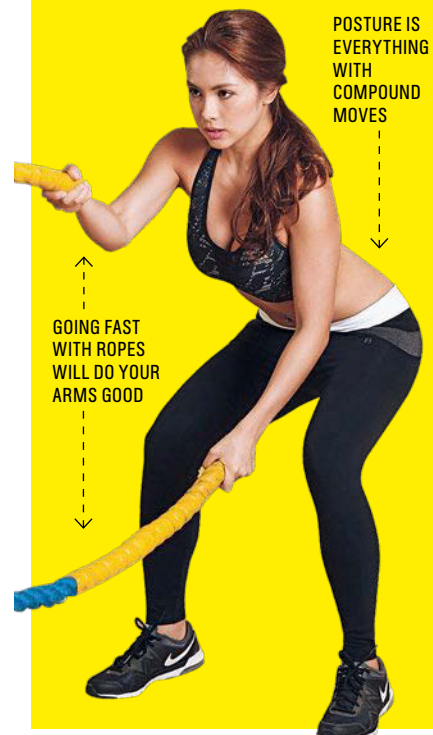
## Win the Rope Battle

Ashley Rivera loves using battle ropes as part of her workout. "Full-body exercise *siya* with the primary benefit on your core while hitting your arms and legs," says fitness coach Mark Reyes, who trains Rivera at Platinum Executive Fitness Gym. A study published in the *Journal of Strength and Conditioning Research* also found that rope work burns a ton of calories because it increases your heart rate fast and hits more muscle groups. Get all the gains from this exercise by taking note of the following:

**A Go in different directions.** Your waves shouldn't just go up and down. Different motions hit various muscles. To hit your hips and core, go side to side. Going in circles, meanwhile, helps improve shoulder mobility and range of motion.

**B Do it interval style.** Though rope work is usually used as a finisher in circuits, you can do it as a stand-alone workout. Do it Tabata style, or for a work-to-rest ratio of 1:1 over 10 minutes when strapped for time. Trust us, you'll be sweating buckets.

**C Adjust your distance.** The amount of slack in the rope determines the load. Stepping toward the anchor point increases the intensity; moving away from the anchor point decreases it.





# MAX MUSCLE MOVE

WE'LL HELP YOU FIND YOUR ONE REP MAX...SO YOU CAN BUST RIGHT THROUGH IT

By Gabriel A. Pangalangan

## WHAT IS THE 1RM?

This is the heaviest load you can lift in one go. Typically, athletes aim to establish their 1RM in three exercises: bench press, squat, and deadlift. Why these three? "You can find your one-rep max on a wrist curl, but it's more practical to find it in compound movements like these," explains Uichanco.

## HOW DO I FIND MINE?

Put in the time lifting lighter weights first to master the proper form. Then, enlist a coach to give you the green light to gun for your 1RM. Uichanco suggests getting your 1RM for the bench press, squat, and deadlift in one training session. "That's your raw strength, your baseline power," he notes.

Manalo also recommends you do a max effort test. Start with a weight prescribed by your coach. Do three reps per set, increasing the weight by 2.5 kilograms with each set. Keep adding weight until you fail to do three reps, then apply the max weight and max reps you've managed to Jim Wendler's formula:  $(\text{weight} \times \text{reps} \times .0333) + \text{weight}$ .

So, if you lifted a max of 100 kilograms on the bench for three reps, then the formula would be:  $(100 \times 3 \times 0.0333) + 100 = 109.99$ , or roughly 110 kilograms. That's your 1RM for the bench press.

## WHY IS IT IMPORTANT?

Knowing the most you can lift in a single rep provides you with a "good basis to compare for absolute strength," says of Jeriel Manalo, a former UP Diliman varsity powerlifter and current coach at 360 Fitness Club. When you know your 1RM, it's easier to estimate the weight you should lift for a certain training program, helping you avoid over- or under-training, Manalo adds. By comparing your 1RM from the start and end of a program, you can also gauge your strength improvement.

## LIFT SMART, LIFT HEAVY

Uichanco can squat, bench, and deadlift 275, 207.5, and 285 kilograms, respectively. To hit big-boy numbers like these, follow his tips

### FIND YOUR GRIP

Always grab the bar using a vice grip (using your fingers and thumbs) to guarantee that the bar doesn't slip. Just resting the bar on your palms while you bench could be really bad news for your face. Also, try an alternate grip (one palm

facing out, the other facing in) for the deadlift so that the bar doesn't roll.

### BREATHE RIGHT

Exhale while exerting effort. After you rack off for the squat, for example, take a deep breath, lower yourself, then

exhale while standing back up.

### GET A SPOTTER

You need to find spotters you can trust so you can lift without inhibition. Get a spotter or two (or three or four, depending on the weight you're lifting) to guarantee your safety.



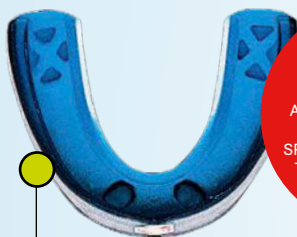
## NO PAIN, ALL GAIN

KEEP GNARLY INJURIES AT BAY  
WITH THESE GO-TO SAFETY TOOLS

By Brolz Giron • Photographs By Dairy Darilag



**WHAT WOULD YOU RATHER INVEST IN:** the sleekest new compression shirt, or a handy-dandy pair of safety goggles? Chances are sleekness wins this battle. But safety equipment is just as—if not more—important than trendy sports gear. With that, we explore three items to keep you protected in a multitude of sports. Because just like fitness and health, safety is sexy.



**NANO 3D MOUTH GUARD BY SHOCK DOCTOR**  
AVAILABLE AT PLANET SPORTS, ROYAL SPORTING HOUSE, AND THE ATHLETES FOOT  
P3,999

### MOUTH GUARD

*"Mahalaga ang mouth guard para hindi mo makagat ang dila mo. Minsan, hindi maiiwasan yun,"* points out Eduard Felayang, a professional MMA fighter and coach at Team Lakay in Benguet. *"Pamprotektá rin siya ng ngipin mo sa pag-absorb ng impact ng suntok o siko."* You don't need to be a cage fighter to benefit from this baby, either, as it's widely popular among NBA players like MVP Stephen Curry.

A reliable mouth guard is invaluable given one important fact: Your pearly whites won't grow back (unless you're a six-year-old, in which case we commend you for your advanced reading skills). Apart from preventing chipped and broken teeth, mouth guards effectively minimize the risk of fractured jaws and concussions, explains Mark Contreras, a fitness coach and former Division I tennis player at the University of California Riverside.

**PRO TIP:** For the novice or part-time competitor in any sport, a boil-and-bite mouth guard will do the trick. For the athlete who frequently competes at a high level, Contreras recommends a custom-made mouth guard, which can be designed to fit your grille snugly while covering either just the top row or both rows of teeth. While top and bottom variants provide comprehensive protection, Contreras suggests the top-variant for athletes who don't want their breathing to be inhibited by a larger piece.



**PRESCRIPTION SAFETY GOGGLES**  
AVAILABLE AT ST. LUKE'S MEDICAL CENTER, TAGUIG (ROOM 813, MATI BUILDING)  
P5,000

### GOGGLES

You didn't think Kareem Abdul-Jabbar wore those for the *pogi* points, did you? Sporting safety goggles in training is a great way to keep your eyes protected against elbows in the paint or speeding balls on the tarmac. The moving projectiles in sports like tennis and hockey can travel over a hundred miles per hour, explains Contreras. Contact sports can also result in eye trauma if you aren't wearing the right safety equipment, so be sure to goggle up before you put an eye out.

**PRO TIP:** Get goggles designed specifically for your sport to ensure structural integrity and cooperation with other equipment (like helmets), adds Contreras. For lens material, polycarbonate is a popular choice because it provides 10 times more impact protection than other plastics without compromising your vision.



**ULTRA CARBON FLEX CUP BY SHOCK DOCTOR**  
AVAILABLE AT TOBY'S SPORTS SHOPS  
P1,099

**SAFETY FIRST**  
LOSING A TOOTH,  
EYE, OR NUT IS  
NO JOKE

### GROIN GUARD

There isn't a sport today that legally allows shots to the groin, but incidental contact to the gonads from competitors or sports equipment can still happen. As any man or woman would attest, a groin injury is one of the worst sports injuries out there. In extreme cases, it has even led to death. This safety tool is designed to prevent impact from any incidental blunt force to the groin. So if you still want to have kids, get one, stat!

**PRO TIP:** Go for carbon-fiber over plastic for lightness and durability. The fit of the cup and the supporting jockstrap or tights is also key; an ill-fitted set could compromise the protection of your family jewels. Get one that hugs you tight in all the right places.



## PACK YOUR BACK

**MOVE OVER, SIX-PACK ABS. THERE'S A BETTER MUSCLE GOAL ALL MEN MUST HAVE: BUILD TRAPS THAT POP**

By Ferdinand Manabat  
Illustrations By Louis Arenas

**BREAKING NEWS: YOU CAN CHOOSE NOT** to work really hard in the gym, and still have a chiseled core. "Abs just represent the physical manifestation of an energy deficit. You want abs? Eat less until abs appear," writes strength and fitness coach Paul Carter in the article "Traps Are the New Abs" on *T-Nation.com*.

He adds that "traps are a far better representation of hard training." For one, there's no easy way to build traps that pop. You have to do your time in the gym. And it's a muscle group that's as difficult to build as your core. Well-developed traps, then, show elite dedication to training that many lifters lack.

Located on your upper back between your shoulder blades, the trapezius muscle has four irregular sides, making it resemble a trapezoid. Its main function is to stabilize the shoulder blades (scapula) when the spine is moving, and to move the shoulder blades while the spine is stable.

The different parts of your traps work to help you do numerous movements. Here's what you need to know about each one

### UPPER TRAPEZIUS REGION

This starts from your upper back to the base of your skull. It elevates the shoulder blades and supports the weight of the arms. Strengthening this area helps you do overhead lifts and shrugs better.

### MIDDLE TRAPEZIUS REGION

Located between the top of your shoulders and just below your upper traps, it's responsible for pulling in the shoulder blades (scapular retraction). Any move that involves pulling while in an upright position utilizes this part.

### LOWER TRAPEZIUS REGION

The bottom part has parallel-oriented fibers that converge from the shoulder blades to the middle of the spine. It's important in stabilizing the shoulder blades as you do movements where you lift your arms above you. It also draws your shoulder blades downward while keeping your spine stable. This helps when you're doing pull-ups or chin-ups.



## 1/THE BALANCING MUSCLE GROUP

Aside from making you look more muscular, the traps allow the neck to move in different directions. You need to hit all parts of your traps so you don't hinder this. Concentrating on one part, especially the upper traps, can lead to a stiff neck—which is never cool.

Underdeveloped traps also signal some muscle imbalances. For example, if you are truly, madly, and deeply in love with bench pressing but you don't work your traps, you'll have a more hunched-forward posture. To show off your pecs, you must develop your traps, too.

## 2/TARGET THY TRAPS

Adding moves that target your traps evenly to your regular workouts can help address such imbalances. How much work you should do depends on your goals. "For maintenance, one day per week is enough," writes Mike Behnken, a personal trainer with a certification from the US National Academy of Sports Medicine, for *AskTheTrainer.com*. "The traps are one of the few body parts that can be exercised with pretty much any other muscle group."

If you're looking to add size to your traps to resemble Tom Hardy, then you should do moves that hit them 2 to 3 times a week together with your shoulders (check out "Build Solid Traps" for sample exercises). With this muscle's balancing function and added broad appeal to your look (not to mention its role in helping you fill out a T-shirt better), it's time you give less love to your abs and more of it to your traps.

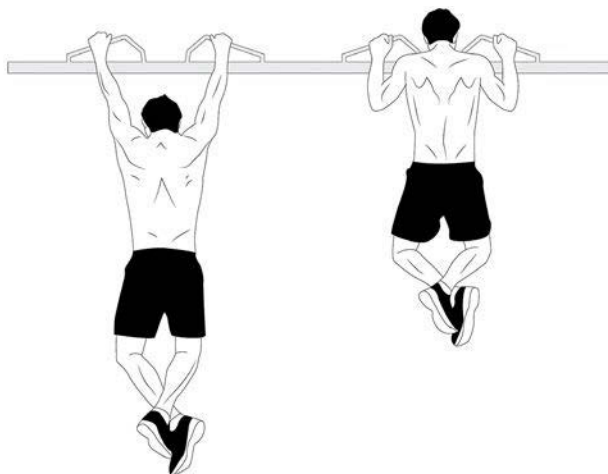
## INSIDER TRAINING



Ferdinand Manabat is a personal trainer with certification from the Aerobics and Fitness Association of America. He's also a Rip:60 master trainer for Gold's Gym. He currently teaches and innovates group classes at numerous Gold's Gym branches and FTX Gym in Makati.

## BUILD SOLID TRAPS

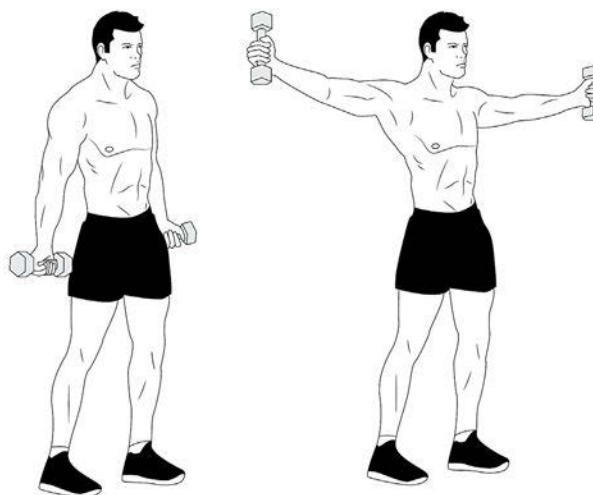
The following moves will train your upper, middle, and lower trapezius muscles. Add these moves to your regular workouts, doing 3 to 4 sets of 12 to 15 reps for each move. Hold each rep for 1 to 2 seconds to really hit each targeted area.



### PULL-UPS

**Targets your:** Middle and lower traps

**Do it:** Using an overhand grip, hang from a pull-up bar with your arms straight, your hands slightly wider than your shoulders, and your legs crossed. Slowly pull yourself up until the top of your chest reaches the bar. Pause, then slowly go back to the starting position.



### LATERAL RAISES

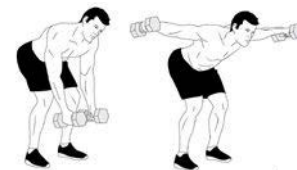
**Targets your:** Upper traps

**Do it:** Hold a pair of dumbbells with your arms to your sides and your palms facing forward. Slowly lift your arms sideways until the weights reach shoulder level. Pause, then slowly go back to the starting position.

### BENT-OVER LATERAL RAISES

**Targets your:** Middle traps

**Do it:** Assume the hinge position with your back flat, knees slightly bent. Hold a pair of dumbbells with your arms straight below your chest and your palms facing each other. While contracting your core and keeping your chest out, slowly raise your arms to your sides until they are level with your shoulders. Pause, then go back to the starting position.



### FLOOR T RAISE

**Targets your:** Middle traps

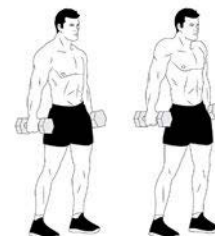
**Do it:** Lie face down on the floor, then extend your arms to the sides in line with your shoulders, your palms facing forward. Slowly lift both arms off the floor at a level that you can sustain for a number of repetitions. Pause, then slowly go back to the starting position.



### DUMBBELL SHRUGS

**Targets your:** Upper traps

**Do it:** Hold a pair of dumbbells with your arms to your sides. Slowly lift your shoulders as if you're trying to touch your ears with them. Pause, then slowly go back to the starting position.





# FORGE FAST FEET

By Don Gaoiran • Illustrations by Luciano Ramirez

**IMPROVE YOUR GAME FROM THE GROUND UP WITH THIS CIRCUIT**



**“Float like a butterfly, sting like a bee.”** Immortal words from Muhammad Ali, the man who personified the perfect harmony of speed and power in his romp to all-time-great status. To execute your own legendary rise, the key lies in footwork training. Build on it every day and you'll shuffle your way to a knockout victory.

But first things first: It's vital to clarify that footwork training is more than just moving your feet through skipping, shuffling, or other fancy drills. Victor Carillo, head trainer at Fitness Lab in Quezon City, says that a strong connection between mind and muscle must exist for you to produce efficient movement. This is the floating part of the equation.

The stinging comes when you generate optimum energy using the principle of ground reaction force. “This means that the source of power for the entire body must come from the feet first; otherwise, you may compromise your stability, speed, and strength,” says Carillo.

And this concept applies to all sports, not just boxing. “The greater your ability to generate ground reaction force, the better your overall athletic performance will be,” notes Todd Durkin, C.S.C.S., author of *The Impact! Body Plan*. Boots on the ground, people. Get working on your footwork to start performing at your best with this ladder circuit.

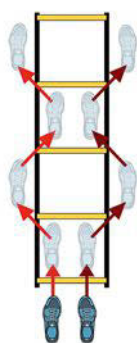


## INSTRUCTIONS

With an agility ladder, perform 3 to 5 reps of each drill before moving on to the next for a total of 3 sets. Rest for 30 to 60 seconds between each set. You can incorporate these drills to the start of your program or focus solely on your speed by sprinting 5 to 10 meters after completing each set.

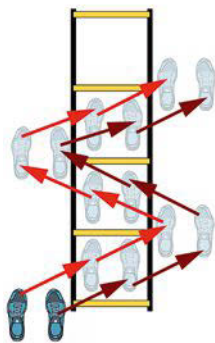
### SIDE STRADDLE HOP

**[A]** Enter the ladder moving forward by hopping both feet into the first box. **[B]** Bring both feet to the outer sides of the ladder before hopping both feet into the next box. Repeat this movement until the end of the ladder.



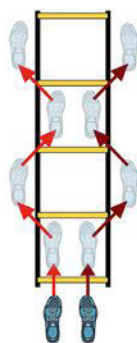
### ICKEY SHUFFLE

**[A]** Moving forward, start on the left side of the ladder and step diagonally into first box with your right foot, followed by your left. **[B]** Step your right foot to the right of the next box, then step your left foot diagonally into that box, followed by your right.



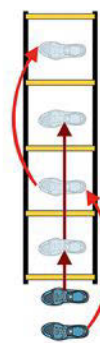
### DOUBLE TROUBLE

**[A]** Moving forward, step your right foot into the box followed by your left. **[B]** Step outside the box starting with your right foot. Perform the same movement until you reach the end of the ladder, then head back leading with the left foot.



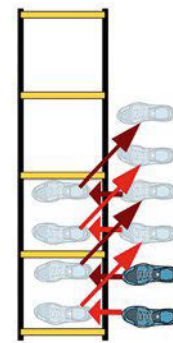
### CARIOCA

**[A]** Enter the ladder sideways starting with your lead foot. **[B]** Step your back foot behind your lead foot into the next box. **[C]** Step into the next box with your lead foot, then pass your back foot in front of your lead foot into the next box.



### IN AND OUT

**[A]** Face the side of the ladder and step in and out of each box with both feet, leading with one leg and following with the other. **[B]** After getting to the end of the ladder, repeat the movement while heading back to where you started.





# BREAK THE FAST TO BUILD MUSCLE FASTER

By Vince Vega

LOAD UP PROPERLY FROM YOUR FIRST MEAL TO JUMP-START MUSCLE GROWTH EACH WAKING DAY



**SKIPPING BREAKFAST LOWERS YOUR ENERGY LEVELS** and makes you tend to binge in other meals to compensate. In other news: Water is wet.

You already know the perils of missing the first meal, and you may already have your healthier ways to counter the energy drop. You say you'd rather skip it to save time for something better—sleeping for five more minutes, avoiding rush-hour traffic, or getting work started early so you have time to work out. But what if we told you skipping the morning meal wastes all that gym time you put in?

If you're trying to add bulk to your frame, your breakfast jump-starts your body's building phase. The rules to ripped are straightforward: "Muscle cells prefer to burn carbohydrates, store fat, and use protein for growth and repair," writes Susan Kleiner, Ph.D., R.D. in her book *Power Eating*. Get it right from the get-go by following these three simple rules to a muscle-building brekkie.

JUST THE  
RIGHT PORTION  
OF PROTEIN

FIBER  
UP WITH  
FRUIT

EGGS  
MEAN  
MUSCLES



## RULE #1: HAVE THE RIGHT MIX

Protein is important in any muscle-building meal. "At breakfast, protein allows for a slow and steady rise in the blood sugar, and [for] the blood sugar to remain stable for an extended period of time," says US-certified fitness professional Karl Jude Boo, owner and chef of The Six Pack Chef.

But this doesn't mean you should forget about your carbs and fats. After all, there's a danger of loading up on chicken and beef, then dropping your veggie and grains intake completely. High-protein, low-carb diets are usually packed with fat and low in fiber, and can dehydrate you before you even know it. Kleiner notes an overall diet that is 30-percent protein not only encourages muscle growth, but also boosts fat burn and helps lower your carb intake. Which leads us to the next rule...



## RULE #2 KNOW THY PORTIONS

You can't just crack three raw eggs into a glass, chug them down à la Rocky Balboa, and think you're doing your muscles a favor. There are considerations to be made. For example, if you're having red meat in the morning, always be wary of the amount you chow down. "Look for the lean cuts closely trimmed of fat, or trim them yourselves at home before cooking them," advises Kleiner. Always monitor the amount of fat you allow into your system. Keep it at 90 grams (as big as a deck of cards) of lean breakfast beef, which contains 21 grams of fat.

It's also smart to consume protein from a variety of sources. There are other nutrients you can get in combination with each particular source, explains Dave Clark Sison, M.Sc., R.N.D., assistant professor and nutrition clinic director at the School of Nutrition of the Philippine Women's University. If you don't want meat, get your fix from eggs, milk, beans, nuts, and tofu.

## RULE #3 HAVE A CONTINGENCY PLAN

If you're looking to save time, Boo recommends easy-to-cook or no-cooking-involved breakfast options you can easily stack in your fridge. No matter how busy you are, you can get a meal to go (see "The Breakfast Bulk-Up Club" for sample meals).

And when rushing to work is unavoidable, have fruits on the ready. Aside from being easy to carry, they can also increase your insoluble-fiber intake, which helps your digestive system work better. Go for ready-to-eat fruits like apples and grapes. With a bit of prep time at night, you can make a fresh fruit salad that can be stored in sealed containers so it's ready to eat by sunrise.

If you have the time to spare, amp up your brekkie not with volume, but with taste. "Flavor your food with spices and natural salt," advises Boo. "You have to look forward to starting your day with a delicious breakfast." ■



## THE BREAKFAST BULK-UP CLUB

Try these protein-packed recipes from Chef Karl Jude Boo that'll have you maximizing gains as soon as the day starts

### COTTAGE CHEESE AND NUTS

#### Ingredients:

½ cup cottage cheese  
15 g (10 pieces) cashew nuts

#### Make it:

Place the cottage cheese in a bowl, and top with cashews.

#### What you're getting:

8 g fat, 8 g carbs, 18 g protein



### EGG AND SWEET PEPPER OMELETTE WITH BACON SLICES

#### Ingredients:

2 eggs  
½ cup assorted bell peppers, sliced  
2 slices bacon  
salt and pepper

#### Make it:

1. Pan fry the bacon. Set aside.  
2. Whisk the egg with bell peppers, then season with salt and pepper.  
3. Cook in the same pan used for bacon.

#### What you're getting:

20 g protein, 3 g carbs, 16 g fat

### TRADITIONAL RAW KEFIR, BANANA, CINNAMON AND CHIA SMOOTHIE

#### Ingredients:

1 cup traditional raw plain kefir (brand: Kefir Life, available in Sugarleaf Makati)  
1 tbsp chia seeds  
½ tsp cinnamon  
½ small banana, mashed

#### Make it:

Mix the kefir with the banana and cinnamon. Top with chia seeds.

#### What you're getting:

14 g protein, 21 g carbs, 16 g fat (very high in probiotics)



# MASS EFFECT

By Gabriel A. Pangalangan

**GO FROM SCRAWNY TO BRAWNY BY BEING BRAINY WITH YOUR TRAINING MENTALITY**



**THOSE SKINNY GUYS WHO CAN EAT** mountains of rice without gaining a pound? You'd usually call them blessed. But former photojournalist Ji Alvarez considers his hard-gainer status anything but a blessing. "It was very hard for me to put on weight. When I was 18 years old, I weighed just 117 pounds," he recalls. "I was always the man behind the lens, and I had very low self-esteem."

To boost his self-confidence, Alvarez got into bodybuilding. He tirelessly researched on how to put on mass and absorbed every bit of helpful info he could find. One of his biggest takeaways from hitting the books: a shift in diet was in order. "I started counting my calories and learned *na ang konti ng kinakain ko. Lahat pa ng kinakain ko, hindi lang junk pero* all carbohydrates," he notes.

Alvarez overhauled his diet while hitting the gym on a regular basis. "I started taking protein supplements, and I'd eat every two hours, so I'd have 6 to 8 meals a day," he shares. "I'd even drink a gallon of milk each day."

After two years of gaining both fat and muscle, he hit 145 pounds, but his never-ending search for self-improvement led him to something new: CrossFit. "I got addicted to CrossFit because *lahat ginagawa mo [dun]*: lifting, gymnastics, running. *Hindi ka magsasawa*," he explains. "I decided to get certified [as a CrossFit instructor] and spread the word on fitness."

The CrossFit MNL instructor believes his journey to getting fitter, stronger, and bigger is a blessing worth sharing, especially to those who have the same hard-gainer background. This, he stresses, is the first rule of going from scrawny to brawny: "I learned techniques from gymnasts in the US and from books, and I believe that people should study their body awareness first before moving on to external weights. In the words of Ido Portal, a movement expert and an inspiration of mine: 'You don't have the right to move external weights if you can't even control your own body.'"

**VITALS**



**BEFORE**

**WEIGHT BEFORE**

**117 lbs**

**WEIGHT AFTER**

**145 lbs**

**NAME**  
Ji Alvarez

**AGE** 28

**OCCUPATION**  
Movement coach

**HEIGHT** 5'7"

**REACHED HIS GOAL IN**  
2 years

**MASTER MOVEMENT**

**TRAIN SMART**  
USE YOUR BRAIN  
TO BUILD  
YOUR BRAWN

**AFTER**

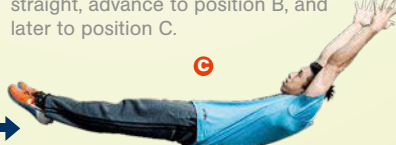
**160 lbs.**  
**ALVAREZ'S PEAK WEIGHT BEFORE LEANING OUT TO HIS CURRENT FORM**

**MASTER YOUR BODY**

**BRACE YOUR CORE**

Try the Hollow Body Position, which benefits all gymnastic movements from push-ups, to pull-ups, to handstands. Lay flat on the ground with your lower back touching the floor. Take your

upper back off the ground, keep your hips tucked in, and lift your legs. When you can hold position A for 30 seconds straight, advance to position B, and later to position C.



## The Mass Mentality

Gaining quality mass is easier said than done. Get your mind right for the challenge by following Alvarez's advice

### Be patient

"Mas mahirap magpalaki kesa mag-loose ng weight."

### Focus on performance

"Everything else will follow after, even your weight."

### Have a goal

"Set a goal, work toward it, and you'll get there. Don't jog just for jogging's sake; it should help you reach your goal. Progress and always challenge yourself."

### Watch what you eat

"Don't just count calories, but watch the quality of calories you eat. What you eat affects how you perform."



# FLAME ON!

## FOUR FITNESS ESSENTIALS FOR A FANTASTIC BODY

By Gabriel A. Pangalangan • Illustrations by Luciano Ramirez

### 1/STRETCH IT OUT

Going to and from a workout without so much as a stretch isn't an easy way to save time—it's a surefire way to get injured.

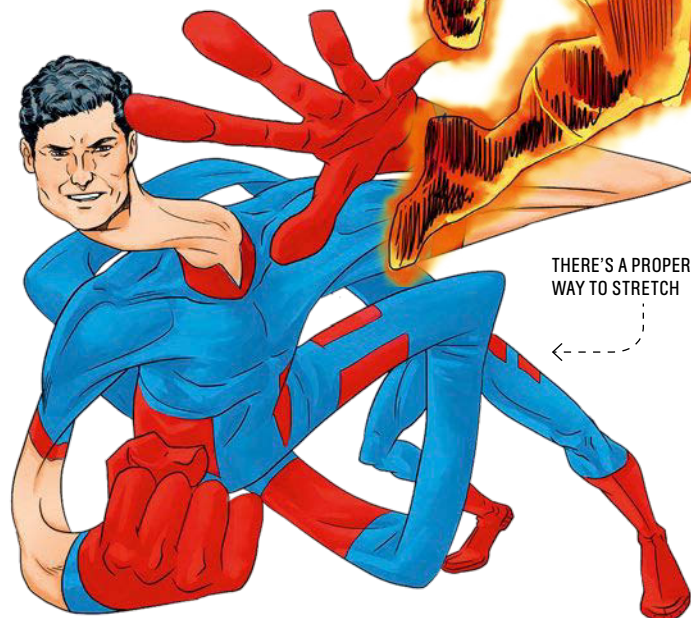
"Stretching is important in improving flexibility, which decreases the risk of injury by helping your joints move through their full range of motion," says Andrew Benibe, a professional MMA fighter and fitness trainer at Maic's Gym in Marikina.

**Do it right:** Practice static stretching (holding a stretched position) twice daily for 5 to 30 seconds per stretch, prescribes *Men's Health US* fitness adviser Bill Hartman, P.T., C.S.C.S. You can do this anytime except before working out; this decreases blood flow to a muscle, weakening it and upping your chances of injury. Instead, limber up before a sweat sesh using dynamic stretching (moving your muscles in and out of the stretched position), which stimulates your central nervous system and increases blood flow.



GET YOUR INNER FURNACE BURNING

THERE'S A PROPER WAY TO STRETCH



### 2/TORCH FAT WITH CARDIO

Always get some cardio into your routines. After all, "the ability to sustain an activity for prolonged periods of time can help reduce blood pressure, lower total cholesterol, and burn body fat," says Ace Leyesa, fitness trainer at B.A.M.F. MMA Center, Parañaque, and AAG Ace Athletics Gym, Las Piñas.

If slow and steady cardio isn't for you, then try high-intensity interval training (HIIT), which boosts your metabolism, burns more fat at rest, and earns you a more muscular physique as compared to steady-state cardio, according to a recent study in *The Journal of Physiology*.

## NO GYM REQUIRED

Get your heart pumping with these zero-equipment exercises



### Core Clapper

Lie on your back, raising your heels and shoulders off the floor. Bring your right knee toward your chest and clap under your thigh. Repeat with your left leg. Keep alternating for 45 seconds.



### Crab Touch to Pushup Touch

From a crab-walk position, touch each foot with your opposite hand. Flip over. Do a pushup. Cross each leg beneath you and touch each foot with your opposite hand. That's 1 rep. Do 10.



### Super Skater Jumps

Stand on your right foot and bound left, landing on your left foot. Jump, raising your right knee. Land, bound right, and jump up, raising your left knee. Keep bounding for 45 seconds.





FIGHT SICKNESS WITH RESISTANCE TRAINING

## 3/LIFT THINGS

Some of you may think that lifting weights is just for meatheads, but it actually offers a ton of overall health benefits. First off, it cuts your risk of diabetes in just four months because it decreases blood-glucose levels and improves insulin sensitivity, according to a study at Tufts University in Massachusetts. In addition, a University of Michigan study found that lifting weights decreases blood pressure, reducing your risk of stroke by 40 percent. Another bonus: Aesthetics, bro.

A tip to keep the strength gains coming: "To get bigger and stronger, gradually increase the difficulty of your lifts by adding reps, increasing the weight, or working in supersets," Leyesa points out.

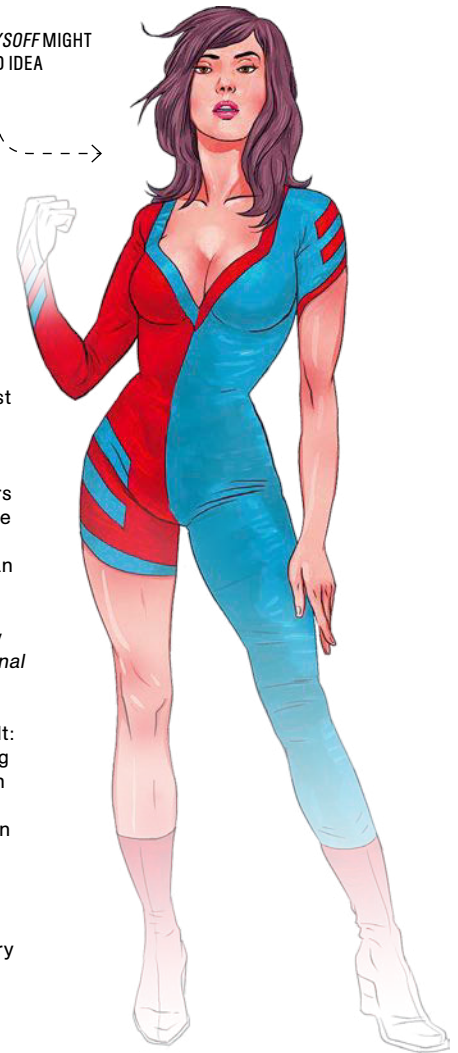
## 4/VANISH FROM THE GYM

There's no shame in taking a rest day, bud—and your body will be grateful for it. "Getting enough rest is essential to high-level performance as the body repairs and strengthens itself in the time between workouts," explains Benibe. "Continuous training can actually weaken the strongest of athletes."

This was evident in one study published in the *European Journal of Applied Physiology*. In the study, rowers trained hard for seven weeks nonstop. The result: low levels of the muscle-building hormone testosterone, and high levels of the brawn-eating hormone cortisol, which is a sign that the muscles are about to shrink and the body is about to get sick. A week's rest got the rowers back to prime form.

So, give yourself a break every once in a while. No matter how hard you lift, run, or stretch, overtraining could spell your doom. ■

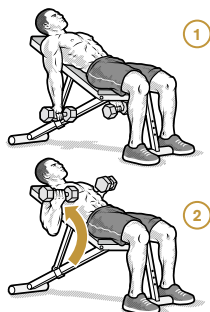
#NODAYSOFFMIGHT BE A BAD IDEA



## ARM YOURSELF

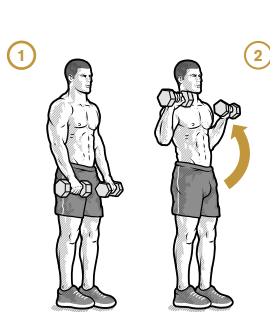
Build bolder shoulders and rock-solid biceps with this arm-centric routine.

### Biceps/Incline Curl



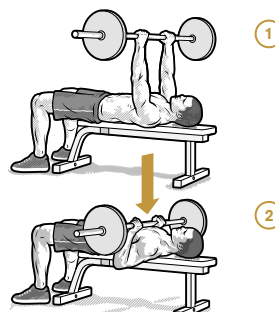
Lie on a bench set at 45 degrees holding a pair of dumbbells at arm's length toward the floor, palms forward (1) Curl the weights as close to your shoulders as you can (2) Pause, then lower them. Do 3 sets of 8 to 10 reps.

### Brachialis/Reverse Curl



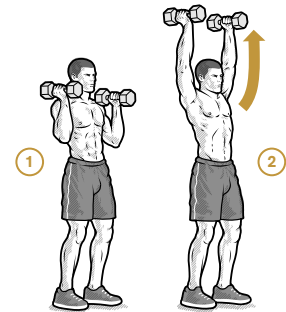
Stand holding a pair of dumbbells in front of your thighs, palms back (1) Without raising your upper arms, curl the weights as close to your shoulders as you can (2) Pause, then lower them. Do 3 sets of 8 to 10 reps.

### Triceps/Close-Grip Bench Press



Lie on a bench holding a barbell over your chest with an overhand, shoulder-width grip (1) Keep your elbows tucked and lower the bar to your sternum (2) Press it back up. Do 3 sets 6 to 8 reps.

### Shoulders/Overhead Press



Stand holding a pair of dumbbells just outside your shoulders, palms facing inward (1) Press the weights directly above your shoulders (2) Pause, then lower them back to the starting position. Do 3 sets of 8 to 10 reps.



## GRIT AND GRIND

**SIX MONTHS AGO, MARK MUÑOZ WAS WRITTEN OFF AS AN AFTERTHOUGHT IN THE WORLD OF MIXED MARTIAL ARTS. TODAY, HE STANDS AS A TESTAMENT TO HOW YOU CAN TAKE CHARGE OF YOUR LIFE AND WRITE THE NEXT CHAPTER ON YOUR TERMS**

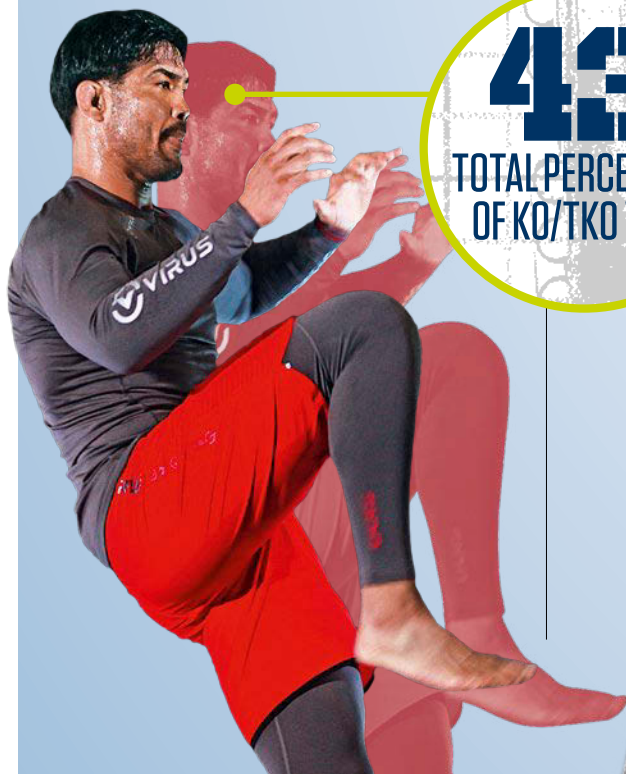
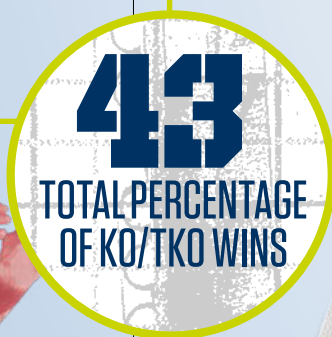
By Wayne Joseph Tulio • Photographs by Jake Verzosa • Illustrations by Ehly Garcia



**MARK MUÑOZ WALKS INTO THE POST-EVENT** press conference of UFC Fight Night Manila flashing a wide smile. It's 2 AM, yet he seems more chill than hurt despite the bruises on his face. He gamely answers questions in his usual mild manner, until asked if he'd dragged out the fight against Luke Barnatt to secure the win.

"I was trying to knock him out!" Muñoz says sternly. "He's tough. I didn't want anybody just laying down for me. I wanna earn it." It's that mindset that has gotten him here in the first place, the same mantra that has powered him through recent personal battles that exposed a lot of uncertainties in his life.

The last three years have seen Muñoz's MMA career go from an upswing down to a crash. After landing in the top 10 of the UFC's middleweight division and making





noise as a title contender, he lost four of his next five fights. His three straight defeats prior to the Manila bout were all via first-round stoppage.

He offers some explanation for his downward spiral: injuries, weight gain, time-management problems, lack of motivation, even plain poor luck. But for the 37-year-old Filipino-American, all that's in the past, and he instead credits the rough ride for some important realizations he has made.

"My life and career have had some ups and downs, but you have to be able to learn from the adversity you go through," he remarks. "If you went through life not being tested, you're never going to get stronger. You have to get tested some way, somehow."

How did he get out of the rut? First, he had to make sure he stayed on course to whip himself to physical peak. "I love Filipino food: *lechon kawali*, *adobo*, *kare-kare*, you name it. But I can't have those all the time. For me to come back, I really have to be disciplined because in my profession, you really need to be in shape."

**24**  
YEARS HE'S BEEN  
WRESTLING

**340**  
CALORIES BURNED BY A  
150 LB MAN WRESTLING  
FOR AN HOUR

His body was ready, and so was his mind, driven by one specific goal—one final fight inside the octagon. "Before I started fighting, I promised my wife that by the time our youngest daughter is in the first grade, I will retire. She's been in the first grade for a full year now, so it's time."

Many athletes have to be told to walk away from chasing the glory that was once in their grasp. Muñoz, however, is at peace because of a bigger purpose: "My goal was to become world champion, and although I didn't get there, I still have goals that trump that—and that's being there for my family. I don't want to be a dad who's not there for his kids."

The script couldn't have been written any better when he was offered to be part of the first UFC event here in the country. Muñoz went on to dominate Barnatt over three rounds, looking like a fighter in his prime instead of one about to retire. But despite the turnaround performance in front of all the hometown fans chanting his name, his resolve to retire remains rock-solid. His focus is now on taking care of his family and imparting his knowledge to aspiring Filipino fighters.

"I have a lot of knowledge in wrestling, and I want to be able to share that and develop awesome fighters and wrestlers in this country. That's what I like doing—helping elevate people I come in contact with," he says. Muñoz might have left his gloves in the octagon, but "The Filipino Wrecking Machine" is far from done. A new, more challenging, and more rewarding grind has just begun. ■

MUÑOZ PREFERS  
LANDING HIS FISTS  
ON YOU THAN  
TALKING TRASH

## Wrecking Machine Muscle

Want to conquer your strength goals? Mark Muñoz has two favorite moves that will help you do that

### The Move: Turkish Get-ups

**Why do it:** You'll achieve "improved balance, coordination, conditioning, and athleticism in addition to obvious core strength and endurance," write Lou Schuler and Alwyn Cosgrove in *The New Rules of Lifting for Abs*. It's a move that requires you to get each sequence right in order to execute it properly.



### The Move: Tire Flips

**Why do it:** "Tire flipping is similar to deadlifting in that it places demand on your legs and lower back muscles," write Tiki Barber, Joe Carini, and Scott Hays in *Pure Hard Workout*. Because you're hitting your legs, you're torching more calories, too. It's also a great alternative to your usual cardio work.





## ONE LAST THING

WHEN NON-SENSE  
MAKES COMMON SENSE

# 6 Things to Say During "The Talk"

You really don't know performance anxiety until you have to talk sex with your kid. Here's your script

BY NICK KEPPLER  
WITH ADDITIONAL REPORTING BY THE  
MEN'S HEALTH PH STAFF



**GROWTH SPURT**  
Give him time. He'll eventually find out about Pornhub.



**"99.9 percent of the time, sex is not about babies."**

When Dan Savage's son D.J. was 9 years old, he confronted his two dads. "You and Daddy have sex for no reason! Two men can't make a baby!" That's when Savage, the author of several sex advice books and arguably America's most prominent syndicated sex columnist, realized he may have botched the talk. "I left out the most important part: pleasure," he says. But those communication fumbles are fine, he learned, as long as you correct them.



**"Don't rush it—but when it happens, use a condom."**

Young people often think good sex is "just something that breaks out, that impulsiveness is evidence of authentic feeling," says Savage. They may even feel that actively planning to get into someone's pants is dirty. "We need to flip that," he says. If your kids do want their first time to "find them," warn that it could happen when they're drunk or lack protection. Stress the importance of having a condom handy and knowing how to put it on properly.



**"If talking to me is too weird, talk to your mom."**

It's okay to delegate, but make sure to still do your part, man. "You still need to have that conversation with your child," says Ana Santos, founder of *sexandsensibilities.com*. "Delegating is not the same as getting a pass on 'the talk.' Communicate with your partner and make sure the kid isn't ping-ponged back and forth between the both of you and left without any answers."



**"Whatever you want to watch is your business."**

Yeah, this part of the discussion may feel especially awkward. But your teen is online, so he's probably seen hours of porn. Tell your kids that porn doesn't represent real-life sex and make them aware that educational porn exists. "Some porn depicts safe sex and the proper use of contraceptives," says Santos. "But for God's sake, do not watch porn with your kid—that's not cool. That's just awkward and wrong."



**"Everyone is into different things. That's that."**

"People who are kinky need to know that their life isn't over because they're into diapers or whatever," Savage says. If you're uncomfortable talking about, say, bondage to your 13-year-old, just mention atypical sexual interests when you bring up another must-discuss topic: consent. Savage's script: "The craziest thing two people want to do together—if it's consensual and they take steps to assure their mutual safety—is fine."



**"Whichever way you lean, I'll always love you."**

Teenagers are riddled with insecurities—and sexuality ranks high among them. "Kids have attempted suicide because they assumed their parents would have a problem with their being gay, and the parents actually didn't," says Savage. "But the parents never said anything about how they would accept them." Make some acknowledgment of homosexuality to show you're okay with it—and that they should feel the same way.





# LOSE YOUR BELLY FAT

## THE BIGGEST FACTOR IN DIABETES

Belly fat or visceral fat is what clogs up your organs and as your belly gets bigger your risk of developing diabetes and other fat-related diseases gets higher.

Lose the belly fat before your health suffers with FMC's **FMS Elite** and **UltraShape-VDF**. Get the effects of liposuction without surgery. Using ultrasound technology, UltraShape-VDF melts body fat by targeting unhealthy fat cells in your midsection, reducing up to 3cms in a single session.

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## CASUAL LUXURY

### GAZON

For Autumn / Winter 2015 Lacoste has referenced its tennis roots without resorting to literal recreations, reflecting the brand's dedication to respecting its past while looking firmly to the future. The footwear collection is underpinned by the idea that 'Life is a Beautiful Sport', a concept that seamlessly brings Lacoste's sophisticated blend of performance and elegance to the everyday.

Introducing the Casual Luxury pack this season, Lacoste has focused on delivering the perfect combination of luxury and understatement and created minimalistic silhouettes in premium materials. Included in this pack is the Gazon: a slip-on executed in smooth, silky nappa leather in on-trend monochrome colourways. Subtle detailing remains true to Lacoste's design ethos through tonal binding, a hidden elastic for enhanced comfort and subtle embossed crocodile branding on the quarter.

So if you're looking for something to enhance your wardrobe and take you seamlessly into autumn, slip into a pair of Gazons from Lacoste's latest collection.

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GAZON 8

